THE SATURDAY EVENING POST

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Sep. '88 $1.95

Joan Lunden

Oats Vs. Cholesterol

Microwave for Dieters

Are You Living Dangerously?

Kurt Vonnegut, Jr.

Making Blood Banks Safe

Golf Tips

Louis L'Amour

Oat-Bran Recipes

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Their questions were endless:
Can we feed them again yet?
Will they be okay
when we turn out the lights?
Do fish sleep
at the bottom of the bowl?

They finally went to sleep after
I answered every question.
But I was left awake
with one of my own...
What would happen to them
if something happened to me?

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Joan Lunden of "Good Morning America"—has formed a special bond with millions of early-rising viewers. **58**

How Safe Is Our Blood Supply?—Concerns remain about AIDS, hepatitis, HTLV-I, and more. **50**

Golf Experts Explain—how to master the short shots that can make or break your game. **46**

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THE SATURDAY EVENING POST

Founded A.D. 1728

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(Cover photo courtesy of ABC)

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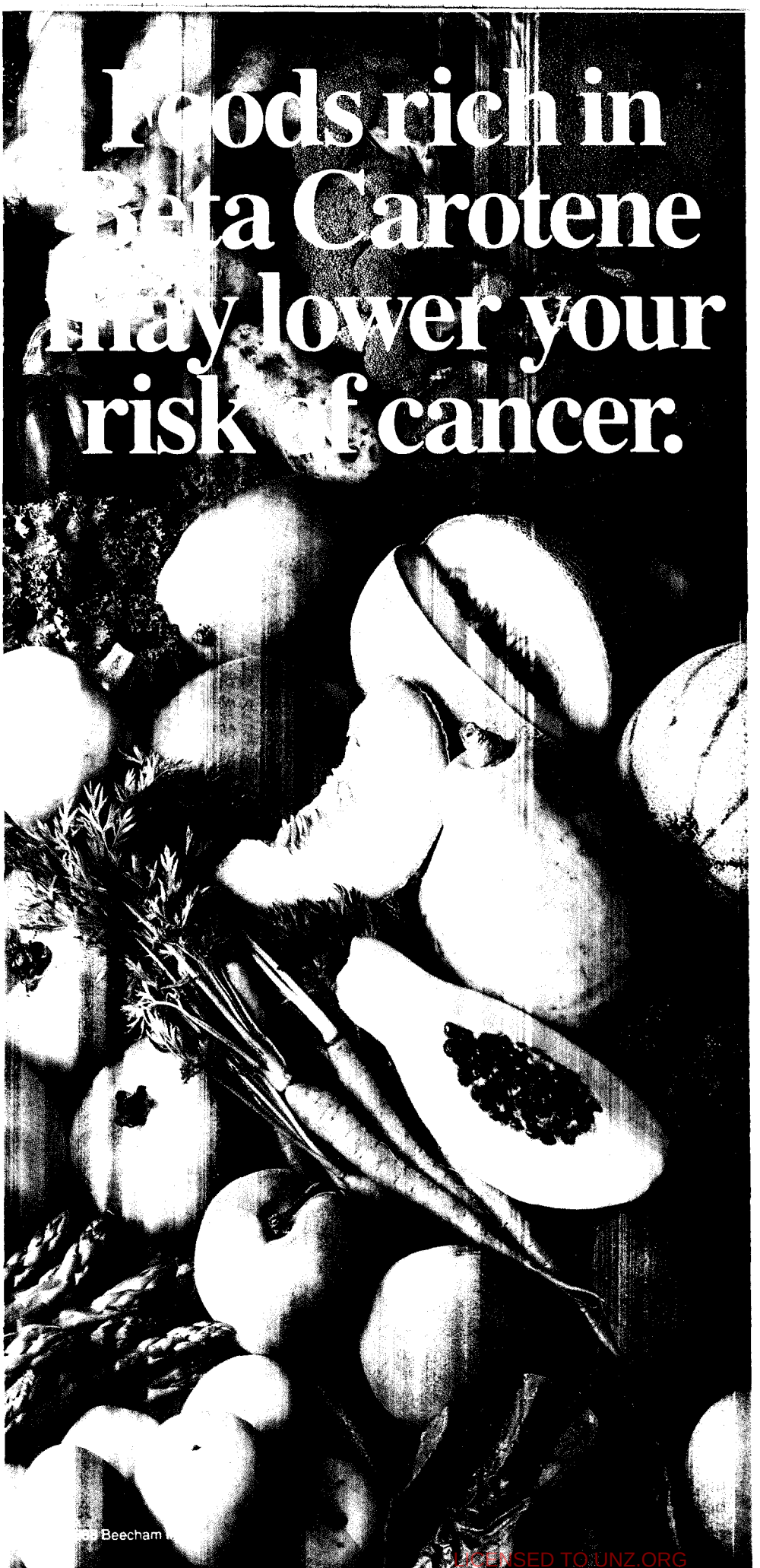

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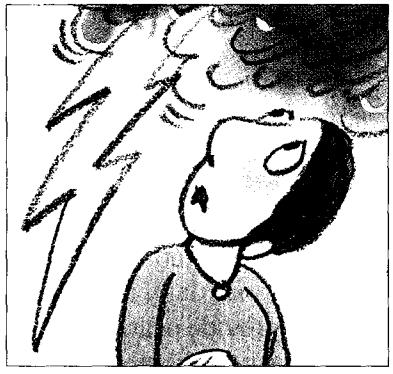
Oat-Bran Dishes—are delicious and versatile, and they may help prolong your life. **14**



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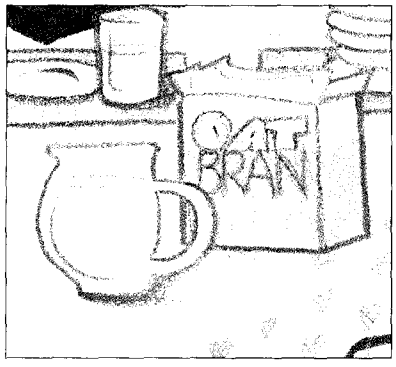
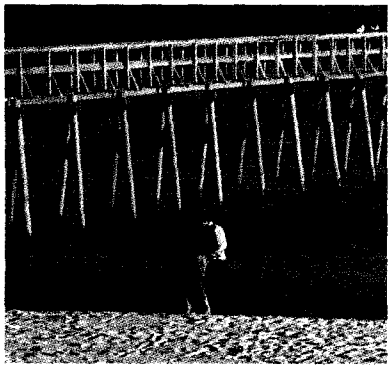


A High-Fiber Diet—can dramatically reduce your risk of suffering a heart attack. **90**



The Gulf Shore—holds wonderful surprises for travelers willing to explore beyond the beaten path. **66**

Letters

Rooting Out Misconceptions

For a magazine which has a reputation for presenting excellent articles on preventive medicine, I was very disappointed by the article entitled "Sailing Down the Root Canal" [July/Aug. '88]. I realize it was written somewhat with "tongue in cheek" (no pun intended), but it also revealed a lack of gray matter on the part of Maynard Good Stoddard.

First, let me say that the majority of all root-canal therapy is necessitated because of neglectful preventive dental hygiene habits rather than the dentist's bank balance.

Second, all the sailboats in the harbors of our nation are not owned by dentists, contrary to the opinion of Mr. Stoddard.

All the humor articles and movies about the fear of dental treatment may make for lots of laughs for Stoddard, Bill Cosby, and Red Skelton, as well as contributing to their bank accounts. However, they only serve to reinforce the fear of a true dental phobic, making the dentist's management of that patient even more difficult.

Personally, I have had the experience of root-canal therapy due to my own neglect as a youngster. The treated and crowned tooth is still in excellent condition 29 years post treatment. Where else can you get that kind of service from any other profession or trade? At Mr. Stoddard's $555.00 fee, that would be $19.10 per year, and less as time continues.

Mr. Stoddard stated that he could feel his teeth wave in the breeze when he opened his mouth on a windy day. After reading his article, I'm sure that his teeth are not the only skull component waving in the breeze.

Lee R. Bomgaars, D.D.S.
Waukegan, Illinois

Poison Pens

I enjoyed your article "The Fumigation Chamber," July/August 1988, although I understood the agony to which she was subjected.

I wondered how many persons have been afflicted with this sickness, and to what degree.

Some people have a greater resistance to the chemical intoxication than others; nevertheless, the chemical

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damage will eventually overcome even the stronger ones.

I think the symptoms and facts should be registered at the Centers for Disease Control in Atlanta, Georgia, along with complete case histories.

I believe the Surgeon General should be notified as to the number of such cases to date.

Joe Wass
Tucson, Arizona

Regarding the [July/Aug. '88] article "The Fumigation Chamber" by Berton Roueché about Dr. Page's illness from insecticide, please warn your readers that no place is safe from these chemicals.

For example, in restaurants the undersides of the tables and chairs are sprayed as well as the kitchen and its contents. One cannot be seated without one's hands coming in contact with the poison. Warehouses where foods are stored are fumigated; hotels, meeting rooms, and homes are also treated.

Marjorie Watkins
Quitman, Texas

Ranchers Are Humane

As a rancher that raises beef cattle, I find your ad in the April and May/June '88 issues by the Humane Farming Association on veal calves very offensive.

To start with, any businessman that doesn't make sure his product is in the best possible condition wouldn't be in business long.

As a rancher we brave all kinds of weather, hardships, and long hours to make sure our cattle are protected and well-fed, not just because it's sound business practice but because we care about them. Of course, there are a few individuals that abuse these principles, but they are in the minority and don't stay in business long.

Also, the government has strict regulations about withdrawing animals from medications before slaughter.

The beef industry has a difficult enough time with the elements, low prices, negative ad campaigns on beef, and the cholesterol scare without a nationwide magazine, such as yourself, printing such *garbage* in a full-page ad filled with misinformation and sensationalism. These people are crediting animals with human needs and emotions.

Normally I read and enjoy your magazine from cover to cover. This is the first time I've ever written to a magazine.

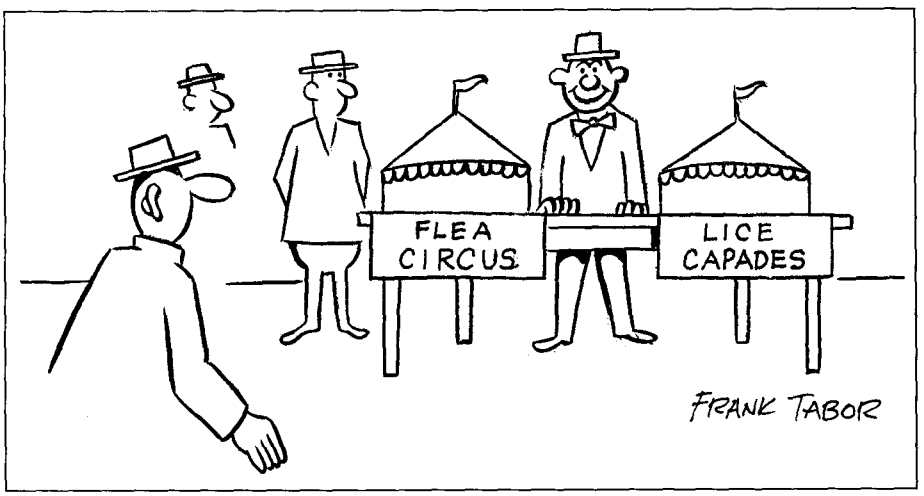
Darlene Schmitz
Lindrith, New Mexico

More AIDS for the Weary

In your May/June issue there was a letter addressing the AIDS issue. In the letter they asked if you would stop running articles about AIDS. I am very sorry they feel this way. AIDS is a deadly disease, and the only prevention we have against the disease is knowledge. We need to be informed about this issue so we can protect our families, friends, and ourselves from contracting AIDS or spreading the virus!

As a hospice employee, I am involved in caring for patients with AIDS more and more all the time. The one thing that has helped me understand and not be so afraid of the disease is the information I have learned on how to protect myself and how to help others.

Shelly A. Haley
Greeley, Colorado



Booming Bermuda

In your May/June *Saturday Evening Post* article "Don't Kill Your Lawn with Loving Care," it was stated that Bermuda grass could not be seeded.

I have a very large yard which was started from Bermuda grass seeds. Hybrid Bermuda cannot be seeded, but the old stand-by Bermuda which has been grown here for many, many years is seeded.

Martha Huddleston
Snyder, Texas

Where's the Verse?

Re: "Casey Hits 100" by Benno Isaacs. Why the heck didn't you publish the poem? Without it the article was completely meaningless. This 85-year-old has never attended a baseball game but looks at one occasionally on TV.

C. E. Gregory
Mesa, Arizona

Admirable Eyes

An admirable story about an
admirable man
Who happens to be an admiral too—
Such was the article page 51
Of the *Post* May/June issue.
But, what's this I see?
Do my eyes play tricks?
I ask you to take a look too.
Admiral Watkins, page 50, warm
brown eyes
On the cover has eyes of blue.

Mrs. Dick Brand
Long Prairie, Minnesota

Emphysema Inquiry

A friend told me that you know a doctor in Toronto, Canada, that had made advanced studies in emphysema.

I am 67 years old (will be 68 on July 21) and have emphysema in both lungs. As you know, I have a breathing problem.

If you can furnish me with any kind of information that will help, I would appreciate it.

Joe Feagin
Bath, South Carolina

Editor's note: We suggest you write to Patsy Ruff. Her letter and address appear on page 98.

Mistaken Identity

Regarding "Where in the World," page 76 of the May/June 1988 *Satur-*

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day Evening Post, you may want to check "D," "Nature and artifice combine in this famous setting." No way is this the West Lake area of Hangzhou. It is the Li River of Guilin in the Southwest. The West Lake area is flatter, the area has tea growing, and the lake is wide enough in parts so it is hard to see across, even when it is clearer. I have been on the Li and the West Lake. This picture is of the unique karst geography of Guilin.

Joy Wickett
Whitehorse, Yukon, Canada

Another Right Choice

I must start out being honest. I don't usually read your magazine, although my parents are quite avid readers. When I leafed through the May/June issue of this year I came across your "Viewpoints" department and was truly touched by the article by Olivia Teja, entitled "The Right Choice."

I, like Janeen, am pregnant, and unmarried. It was not an easy decision—keeping the baby—but it is one I feel is right. My parents are very much like the ones in the article—supportive and very understanding. Unlike Janeen, however, I have the support of the baby's father and his family, which is wonderful and makes my decision even that much more right.

I never thought becoming pregnant at 21 and not having a husband would happen to me. But it has, and things aren't as bad as I thought they would be. I had visions of being exiled from my friends and family, but just the opposite has happened. People have been so supportive and encouraging!

As each day goes by and my stomach gets bigger and bigger, I know having the baby is right.

I think back to several months ago when I considered abortion. If there's one thing I'd like to say to every unwed mother, it's that abortion isn't the easy way out. It's a cop-out. A lot of girls feel they could never tell their parents. I was like that. Sure, at first they were shocked and disappointed, but now that they realize they're going to be grandparents, they are very excited. My parents love me, through good times and bad. And now I know they'll love their grandchild. In a way, they already do.

So thank you, *Saturday Evening Post*, for showing the good side of keeping a child. No, everything won't always be rosy, but with an abortion the child never has a chance. America needs more magazines like the *Post*!

Karen Stang
Bel Air, Maryland

Look at the Possibilities

The Saturday Evening Post is truly one of the most informative publications available today, not to mention all the up-to-the-minute medical information by Dr. SerVaas.

You know something, I was going through the garage last weekend and I found a *Post* issue from September 1968 with Faye Dunaway on the cover. It had to have been one of the last issues. As one of my favorite stars I wish the *Post* would choose to have Miss Dunaway as a cover girl again in 1988. It's virtually impossible to find her on the cover or inside of any magazine these days. I don't know why.

I also came across some issues (dusty issues) of *Look* magazine. How often I've thought over the years "Why hasn't *Look* ever been revived like *The Saturday Evening Post* and (later) *Life*?" I know that you people have done a wonderful job in successfully reviving the once "dead" *Post*. I have no doubt you could probably do the same for *Look*.

Robert Joseph
Van Nuys, California

Editor's note: An attempt was made to revive Look *magazine in 1979. A foreign publisher now owns the name.*

Commission on Pornography

I just finished your thorough article in the May/June '88 *SEP* about the president's commission on AIDS.

I am now wondering why we have never heard from the *SEP* about the president's commission on *pornography*? Surely this issue is as important as AIDS, and the political workings of that commission would be fascinating reading for subscribers.

Jeanne Kieffer
Appleton, Wisconsin

Avoid Gallstone Surgery

Here in Puerto Rico a local TV station has been running a series of brief announcements by your magazine. These "spots" are called "The Medical Minute" and features a woman doctor talking about various topics.

The doctor recently gave a discussion on gallstones and described a new treatment that has been developed in which the stones are shattered in place by sound waves, thus eliminating the need for traditional surgery. Since my wife suffers from this malady we are very much interested in learning all we can about this new procedure. Also, we would like to have the names and addresses of medical centers that offer it.

We would greatly appreciate receiving whatever information you can provide on this topic.

D. Clay McDowel
Rio Piedras, Puerto Rico

I heard Dr. SerVaas say that some hospitals are getting the lithotripter

"Not pterodactyl again?"

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for crushing gallstones this spring or fall. Could you tell me if they are using them yet? I heard her say that Methodist Hospital in Indianapolis, Indiana, was one of the first to get it. I have got gallstones, and I don't like to be cut on. Would you please let me know if they are using this?

Ruth Howdershelt
Wheeling, West Virginia

Editor's note: For anyone who has suffered the pain of a gallstone attack, the advent of the lithotripter is certainly welcome news. It offers a more convenient, less expensive, and nearly painless alternative to the major surgery involved in gallbladder removal.

Like the innovative equipment used on kidney stones, gallstone lithotripsy works by using shock waves to disintegrate the stones down to sandlike sludge, which passes out of the body without causing discomfort. (Gallstone lithotripsy differs from the kidney-stone lithotripter in that it uses water cushions instead of water baths to buffer the shock waves, and it uses ultrasound imaging instead of X-rays to locate stones.) Recovery time is usually one or two days, as opposed to the several weeks of recuperation needed after gallbladder surgery. Lithotripsy is also less expensive than surgery, and so far it hasn't presented any undesirable side effects.

Gallstone lithotripsy has just entered the final testing stage in this country, through a study involving ten hospitals and medical centers nationwide. These institutions will test 600 patients in the next year and submit their results to the FDA. The hospitals and centers participating are:

Crawford W. Long Memorial Hospital of Emory University, Atlanta, GA

Cedars-Sinai Medical Center, Los Angeles, CA

University of Iowa, Iowa City, IA

Northwestern Memorial Hospital, Chicago, IL

Methodist Hospital, Indianapolis, IN

Massachusetts General Hospital, Boston, MA

University of Pennsylvania, Philadelphia, PA

Humana Hospital, San Antonio, TX

Johns Hopkins University, Baltimore, MD

Virginia Commonwealth University, Richmond, VA

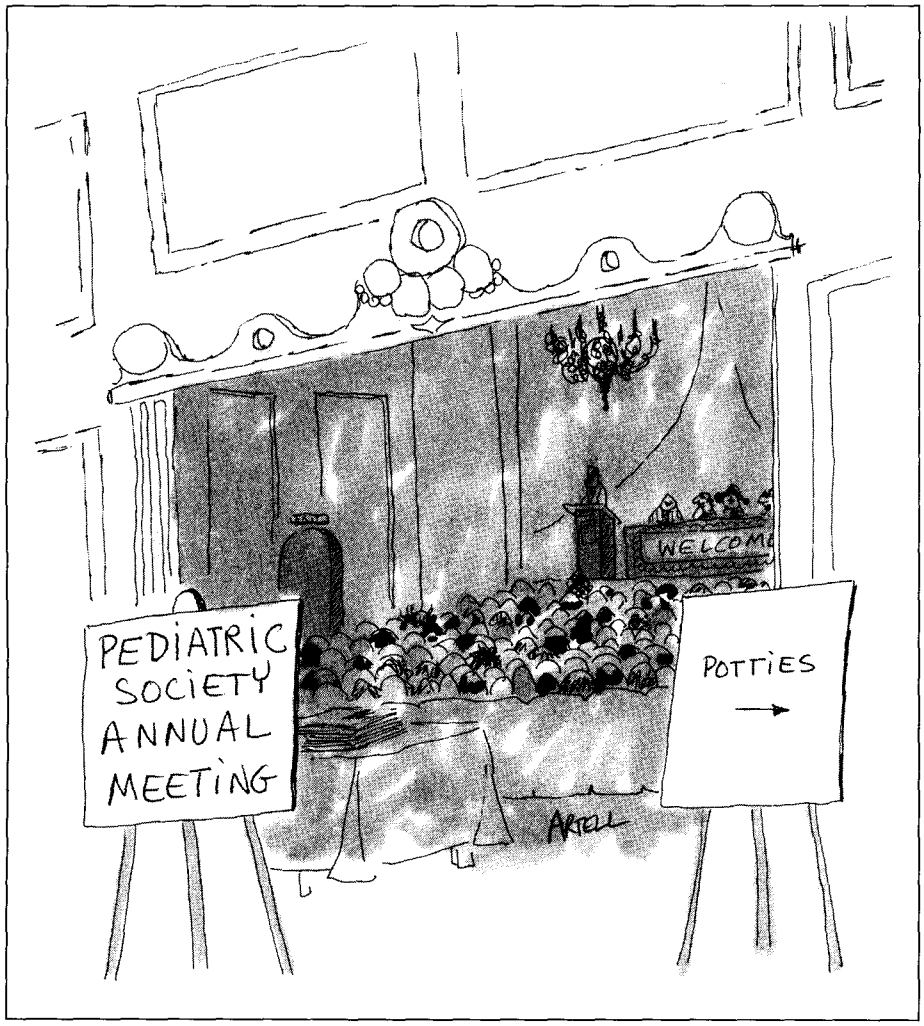
The criteria for subjects accepted for the study are very specific. A subject must have symptoms and must have a functioning gallbladder. He or she must have at most three stones, and the stones must be 5 to 30 millimeters in diameter. The stones must not be calcified, and the subject's cystic duct must not be blocked. The subject must not be pregnant, have a pacemaker, or suffer from arrythmia, cirrhosis of the liver, or hemolitic problems.

U.S. researchers hope to accomplish two things through the study. First, results from other countries have shown that gallstone lithotripsy works; researchers merely want to verify those results in the United States. Second, researchers want to find out whether orally taking a bile salt significantly affects how quickly and thoroughly the stone fragments pass out of the body. Patients in other countries have routinely been administered a bile salt for several months after lithotripsy treatment. Researchers here would like to eliminate that step if they find it's not particularly useful; therefore, half the patients in the U.S. study will take a bile salt and half will take a placebo. Researchers will compare the progress of the two groups.

It's hoped that gallstone lithotripsy will be approved for general use in the United States within the next 12 to 18 months. Meanwhile, for those who think or know they have gallstones but don't suffer from any symptoms, experts suggest that they avoid all high-fat foods.

Only about 18 percent of people with gallstones ever experience painful attacks; you may be one of the 82 percent who don't.

If you've been the victim of a gallstone attack and you would like to look into treatment by lithotripsy, talk to your physician or write to one of the listed participating hospitals in your area.



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PO098

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SALUTE TO COURAGE

The once lonely voice of Dr. Edgar G. Engleman sounding the alarm to the dangers of transfusion-caused AIDS is now heard loud and clear across the land.

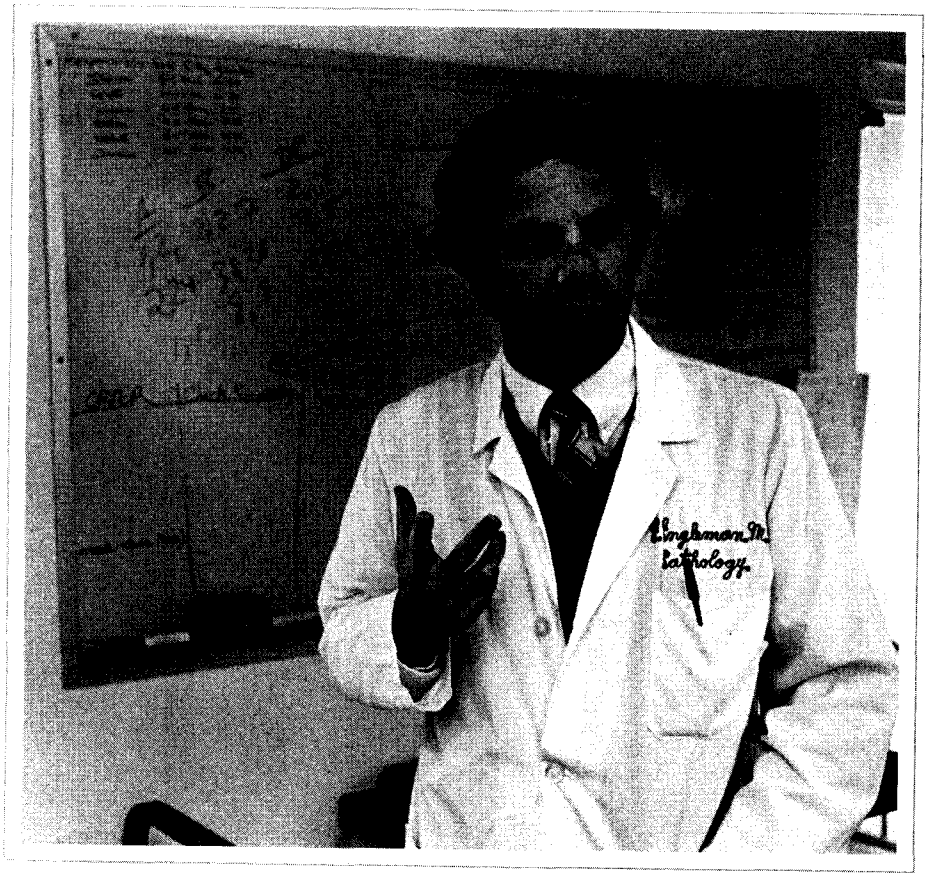
When it seemed that nothing would awaken either the blood industry or the industry's regulators to the dangers of transfusion-caused AIDS, Dr. Ed Engleman at the Stanford University Blood Bank was a lonely voice calling for surrogate testing to screen further for infected blood from those who failed to self-defer. For this, he was vilified in local blood-banking circles. For this, it was said that Stanford's own testing program was merely a commercial ploy to try to lure patients from other Bay Area hospitals.

And for this—as well as for his many other contributions to the war against AIDS—*The Saturday Evening Post* is proud to present the prestigious Ben Franklin Award to Edgar G. Engleman, M.D., Associate Professor of Pathology and Medicine, Stanford University School of Medicine.

The most recent of these contributions were the recommendations Dr. Engleman submitted to the Presidential Commission on the HIV Epidemic. Excerpts from his address follow:

"On July 1, 1983, Stanford University Blood Bank became the first in the nation to screen donated blood with a test designed to reduce transfusion transmission of AIDS. We used specialized reagents and equipment already on hand in our research laboratory to detect a white-blood-cell abnormality which nearly always occurred in AIDS patients and was also present in many high-risk individuals who felt perfectly well. In contrast to our actions, most other blood banks did not initiate any blood-donor screening tests until 1985, and in addition, many blood bankers criticized us for doing so, arguing that there was no proof that AIDS could be transmitted by blood transfusion and that the test we were using was experimental and too costly.

"We felt that AIDS could not be dealt with in the same way as other infectious diseases. Unlike most other infections, AIDS has an extraordinarily long latent phase (the time between exposure and clinical manifestation) and is nearly always fatal. Therefore, while acknowledging that our test (called the T-cell test) would not necessarily detect 100 percent of AIDS carriers and would identify some individuals who were not carriers at all, we nonetheless felt that the benefits of preventing AIDS-contaminated blood from entering the blood supply outweighed the fact that some normal blood was unavoidably discarded and that each unit of blood cost $6 more. In our view, the blood-banking community failed to recognize that we could not afford to wait until the causative agent was discovered or until the perfect test was developed. In 1983 and '84, we presented our findings to the academic community, to blood bankers, and to the FDA, and repeatedly spoke out in public on the need to implement available screening tests, imperfect though they might be, to reduce the risk of transmitting AIDS by transfusion. In the summer of 1983 we submitted an abstract on the subject at the Annual National Meeting of the American Association of Blood Banks (AABB). We cited the need for blood testing to reduce the risk of transmitting AIDS by transfusion, described how the T-cell test was performed, and reported on this use in our blood bank. Our abstract was rejected for presentation at that meeting. It was particularly distress-



Dr. Edgar Engleman of Stanford University Blood Bank saved many lives by surrogate testing to prevent dangerous AIDS-infected blood from being transfused. In 1983, when he urged other blood banks to follow suit, his paper was rejected.

continued on page 101

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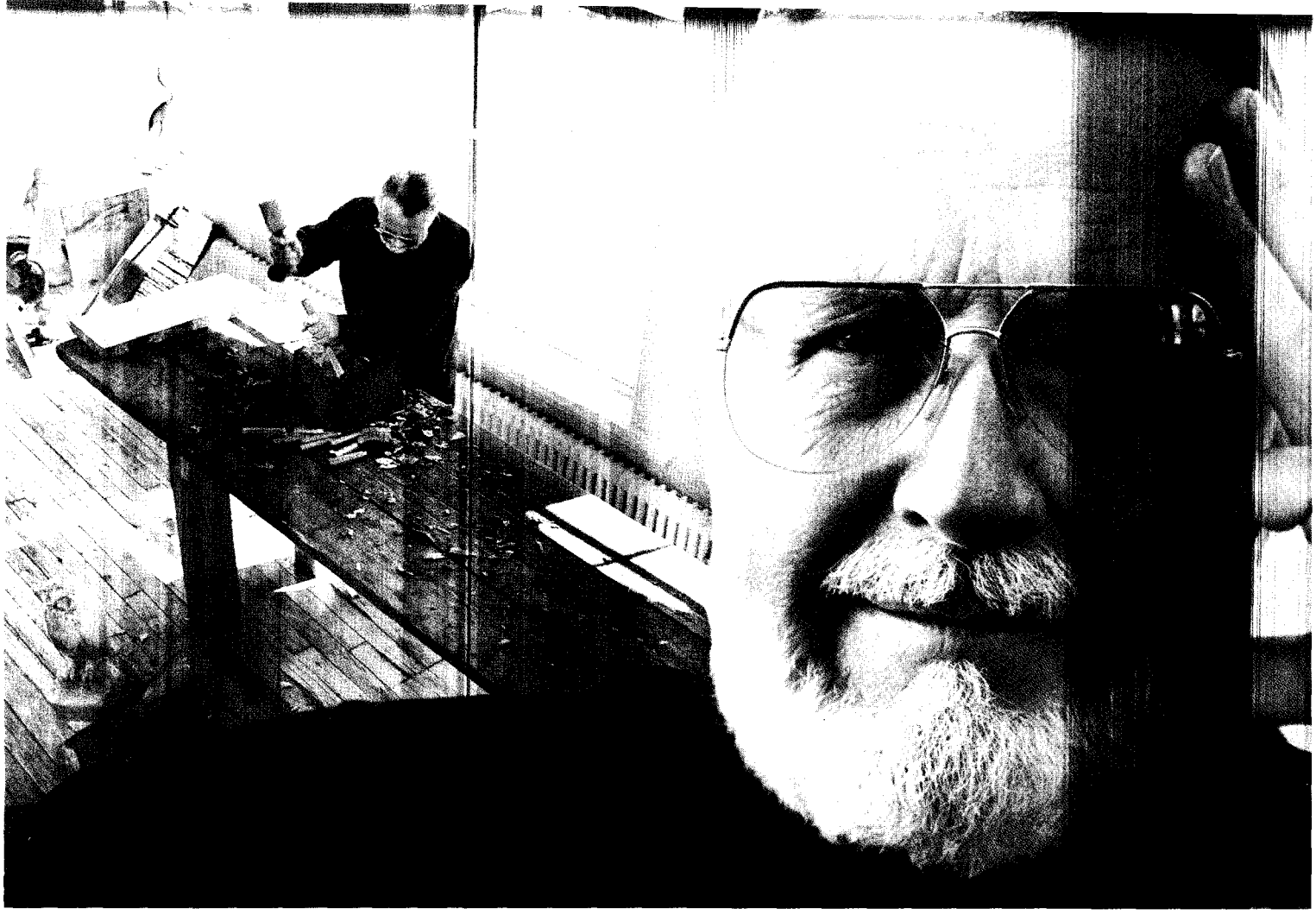

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Donald Henness

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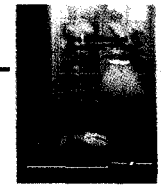

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FEELING YOUR OATS

Delicious oat-bran dishes add cholesterol-fighting fiber to any meal.

by Allen Simon

Oats have been called the nutritional Cadillac among grains, and for good reason. Whole-grain oats contain more and higher-quality protein than most other grains, including wheat. But oats are even more important for their soluble fiber. Studies have shown that two ounces of oat bran a day in hot cereal or muffins can help reduce blood cholesterol levels by 3 percent in six weeks. Each 1 percent decline in serum cholesterol translates to a 2 percent reduction in risk for heart disease.

Fortunately, health concerns are not the only reason for adding oats to your diet. The flavor and texture oat bran brings to a variety of dishes may be reason enough to start feeling your oats in new and delicious ways.

In the following recipes oat bran is used with flair—not just in breakfast foods but in main dishes, side dishes, and desserts as well.

Crispened New Potatoes
(Makes 4 servings)

1½ pounds very small, scrubbed new potatoes (about 12)
½ cup uncooked Quaker Oat Bran Cereal
2 tablespoons Parmesan cheese
1 tablespoon snipped fresh parsley or 1 teaspoon parsley flakes
¼ teaspoon dill weed
½ teaspoon paprika
1 egg white, slightly beaten
¼ cup skim milk
1 tablespoon melted margarine

Heat oven to 400° F. Lightly coat 11″ x 7″ baking dish with vegetable-oil cooking spray. Cook whole potatoes in boiling water 15 minutes. Drain; rinse in cold water. Combine oat bran, cheese, parsley, and seasonings. In shallow dish, combine egg white and milk. Coat each potato with dry ingredients; dip into egg mixture, then again into dry. Place into prepared dish; drizzle with margarine. Bake 10 minutes covered. Uncover; bake an additional 10 minutes or until potatoes are tender.

Manicotti Florentine
(Makes 4 servings)

1 10-ounce package frozen chopped spinach
½ cup chopped onion
1 clove garlic, minced
½ cup uncooked Quaker Oat Bran Cereal
½ cup low-fat cottage cheese
2 teaspoons crushed basil
½ teaspoon crushed oregano
8 uncooked manicotti noodles
2 8-ounce cans unsalted tomato sauce
¼ cup (1 oz.) shredded part-skim mozzarella cheese

Heat oven to 375° F. Cook spinach according to package directions with onion and garlic. Cool slightly and

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Kretschmer Wheat Germ.

It can't promise you instant rejuvenation. But it can add a whole new look and feel to good ole yogurt—a delicious crunch with natural vitamins, minerals and fiber.

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So add Honey Crunch Kretschmer to your yogurt—or cottage cheese—and see what its delicious crunch and great nutrition can do for you!

Kretschmer.
It's the Heart of the Wheat.

Look for Kretschmer in the cereal section. © 1988 The Quaker Oats Co.

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drain. Stir in oat bran, cottage cheese, 1 teaspoon basil, and oregano; set aside. Cook manicotti in boiling water 4 minutes; drain. Spread 1½ cans tomato sauce in bottom of 11" x 7" baking dish. Stuff each manicotti with about 3 tablespoons spinach mixture; arrange in baking dish. Pour remaining ½ can sauce over manicotti. Sprinkle with remaining 1 teaspoon basil. Top with mozzarella cheese. Cover and bake 25-30 minutes or until bubbly.

Microwave directions: Prepare as above; do not top manicotti with cheese. Cover baking dish with plastic wrap. Microwave at High (100%) 4 minutes. Remove plastic wrap; sprinkle with cheese. Replace wrap and microwave at High 2-3 minutes or until cheese is melted.

Blueberry Bran Muffins
(Makes 1 dozen)

2 cups uncooked Quaker Oat Bran Cereal
¼ cup firmly packed brown sugar
2 teaspoons baking powder
1 8-ounce carton plain lowfat yogurt
2 egg whites, slightly beaten
¼ cup skim milk
¼ cup honey
2 tablespoons vegetable oil
1 teaspoon grated lemon peel
½ cup fresh or frozen blueberries

Heat oven to 425° F. Line 12 medium muffin cups with paper baking cups. Combine dry ingredients. Add remaining ingredients, mixing just until dry ingredients are moistened. Fill muffin cups almost full. Bake 18-20 minutes or until golden brown.

Note: To freeze, wrap muffins securely. To reheat frozen muffins in microwave oven, microwave at High (100%) 25-30 seconds each.

Swiss Oat 'n' Apple Bran Cereal
(Makes 3 servings)

2½ cups uncooked Quaker Oats (quick or old-fashioned)
1½ cups uncooked Quaker Oat Bran Cereal
½ cup sliced almonds
2 cups natural applesauce
¼ cup raisins
½ teaspoon cinnamon

Combine oats, oat bran, and almonds; refrigerate in airtight container.

Combine ¾ cup oat-bran mixture with remaining ingredients; mix well. Cover and refrigerate overnight. Serve cold or hot.

Note: To heat one serving, place cereal in microwaveable bowl. Microwave at High (100%) 1½-2 minutes.

Hot Cross Biscuits
(Makes 8 biscuits)

1½ cups all-purpose flour
½ cup uncooked Quaker Oat Bran Cereal

"I see you've already read this memo!"

1 tablespoon baking powder
¼ cup margarine
1 6-ounce package diced dried mixed fruit (1⅓ cups)
⅔ cup skim milk
1 egg white
1 teaspoon sugar
⅛ teaspoon cinnamon

Heat oven to 375° F. Lightly grease cookie sheet with vegetable-oil cooking spray. Combine flour, oat bran, and baking powder. Cut in margarine until mixture resembles coarse crumbs; stir in fruit. Add combined milk and egg white; mix with fork until dough leaves sides of bowl and forms ball. Divide dough into 8 balls; gently pat and shape each into 3" rounds on prepared cookie sheet. With sharp knife, score biscuits crosswise ¼" deep. Sprinkle with combined sugar and cinnamon. Bake 20-22 minutes or until golden brown. Serve warm.

Note: To freeze, wrap biscuits securely. To reheat frozen biscuits in microwave oven, microwave at High (100%) about 50 seconds each.

Pear 'n' Raisin Crisp
(Makes 8 servings)

½ cup uncooked Quaker Oat Bran Cereal
2 tablespoons firmly packed brown sugar
½ teaspoon cinnamon
1 tablespoon melted margarine
6 cups peeled, sliced pears (about 6 medium)
½ cup raisins
¼ cup water
1 tablespoon lemon juice
¼ cup firmly packed brown sugar
2 tablespoons all-purpose flour
½ teaspoon cinnamon

Heat oven to 375° F. Combine oat bran, 2 tablespoons brown sugar, ½ teaspoon cinnamon, and margarine; mix well. Set aside.

Combine pears, raisins, water, and lemon juice in large bowl. Add combined remaining ingredients; stir until pears are evenly coated. Arrange in 8" square baking dish; sprinkle topping evenly over pears. Bake 25-30 minutes or until pears are tender.

Oatmeal Pancakes
(Makes 10 medium pancakes)

1½ cups quick-cooking or old-fashioned rolled oats
1 tablespoon whole-wheat flour
1 tablespoon baking powder
1½ cups skim milk
2 egg whites
1 tablespoon vegetable oil

In blender, process dry ingredients until oat flakes are fine; transfer to medium bowl. Mix liquid ingredients lightly in small bowl and add to dry ingredients; stir only until dry ingredients are moistened. Let stand 5 minutes. Preheat griddle. Bake on hot griddle, turning with spatula when edges are firm.

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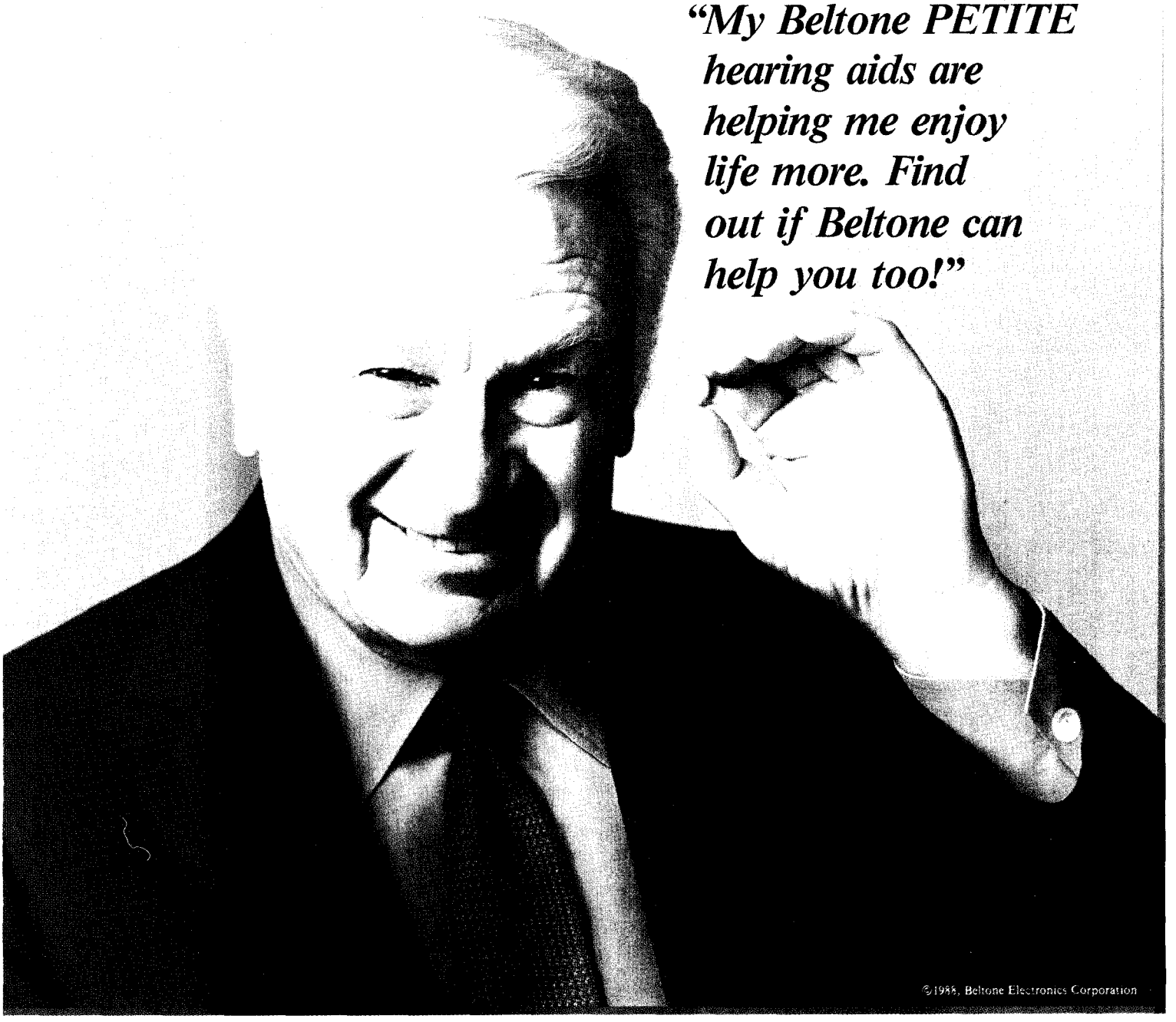
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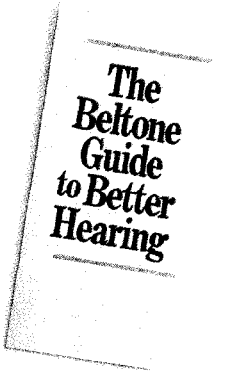

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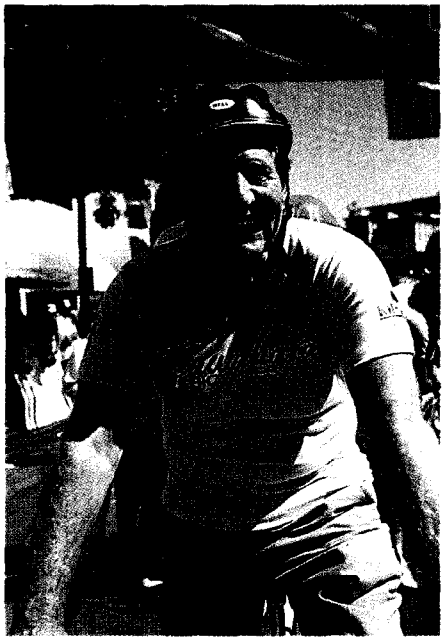
Post People

Art Linkletter has gone from cashing in on kids' funny sayings to older folks' fun. "The 65-to-75 age group is the second most affluent," he points out. "They're traveling, they're buying things. Think of the recreational vehicles, the leisure cruises."

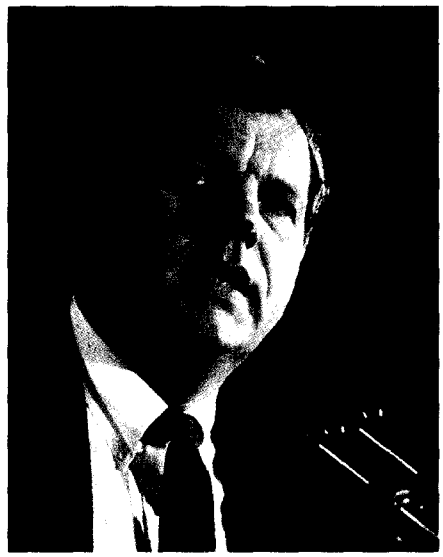
Linkletter, a spokesman for both a health insurance and a medical company, travels 250,000 miles and makes



80 to 90 speeches a year. The latest of his 20 books, *Old Age Is Not for Sissies*, is in its fourth printing.

"I am not a gambler," says this popular radio and TV star. "I won't put a nickle in a slot machine or bet on the horses—but in business I'm a goer." Proof? His latest deal: selling a 40,000-acre sheep ranch in Australia for $200 an acre, land he had picked up for 20¢ an acre.

Dr. William J. Bennett, U.S. secretary of education, tells it *as* it is in his new book, *Our Children and Our Country*. And the way it is doesn't always make comfortable reading.



"In the 1960s and 1970s, we neglected and denied much of the best in American education," Dr. Bennett writes in the book's introduction. "Our children were too often the victims of adults' indulgences in educational and social foolishness."

Bennett says the good news is that the national debate on education is now focused on truly important matters: mastering the basics; instilling high standards; ensuring discipline in the classroom; conveying our moral and political principles; and nurturing the character of the young.

Mary Tyler Moore is ready to add another character to her repertoire of unforgettable TV leading ladies—Laura Petrie of "The Dick Van Dyke Show" and Mary Richards of "The Mary Tyler Moore Show"—with her new CBS comedy series this fall. Her Annie Block, a New York career woman, marries a New Jersey struc-

tural engineer who's lost his wife.

Moore's real-life leading man is her husband, cardiologist Robert Levine. "We are," she says, "ideally suited to one another."

It's a long way from being a boy soprano to taking a Tony Award for best actor in the smash Broadway hit *The Phantom of the Opera*, the musical in which a disfigured ghoul abducts a beautiful Parisian opera performer, but ***Michael Crawford*** has made it.

Crawford, now 45, began working with the late Benjamin Britten in operas, including the world premiere of *Noye's Fludde*, at the tender age of 13. "I remember what he taught me," Britain's highest-paid musical star told one magazine. "And that all came back to me as I was working on 'Phantom.' It was as though he was coming back to help me once again."

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The 12-Carat Dilemma

Have YOUR Jeweler Appraise it. We GUARANTEE the Appraisal will be More than Double Your Direct Price!

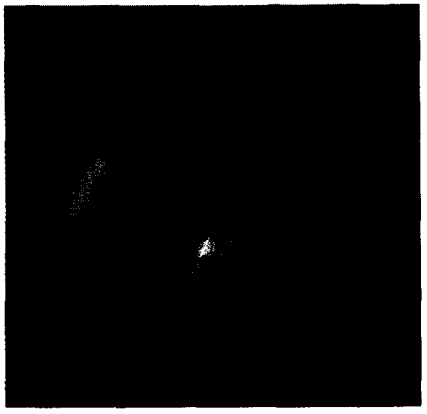
by Audie Howe

"You must have come into some money."

I said that to my friend Fred, innocently and with a little envy. He and his wife Janet had just come in to the dinner party.

Janet was wearing a pendant. It had a gorgeous blue gemstone big enough to choke a horse.

Fred knew what I was referring to. "6 carats," he said casually.



Blue Topaz seems to gather light. It's like wearing a piece of the sky.

The Brazilian Connection

Janet was wearing a breathtaking Blue Topaz. I don't know if you have any idea how big a 6-carat gem looks, but this one was so perfectly faceted it looked even bigger than that.

"Your pendant is like a flawless piece of the sky. I can't take my eyes off it," our host said to Janet.

Much later, Fred told me the secret. He and Janet had bought the topaz direct from a secret "Brazilian Connection" — which meant he was able to get this lovely gem for far less than the normal cost.

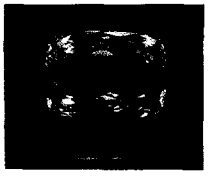
Calstar Moves In

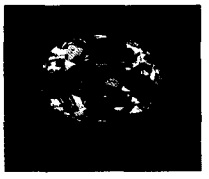
You know Calstar. As it turns out, we have a buyer in Brazil. Off he went to the topaz mines.

As good a deal as Fred had made, it didn't compare to our tremendous buying power. We were able to get a whole batch of topaz gems at a fraction of what even the shrewdest traveler would normally pay.

So what does this mean to you? It means *you* can own (or give) a breathtaking genuine Blue Topaz, its color permanently enhanced, for a price that's truly the deal of a lifetime.

*Actual photographs: The gem at left is a 12-carat aquamarine. Price: $5,000. The gem at right is our 12-carat natural (**not** synthetic) Blue Topaz. Calstar's direct-to-you price: $196. The piercing blue of genuine, blue Brazilian topaz has made this stunning gem a favorite of the rich and famous.*





Get this: Forget the 6-carat topaz. Think twice as big — 12 carats. I'm going to give you a *12-carat* Blue Topaz for less than the bargain-price Fred paid for his wife's 6-carat topaz.

Less Than Half the Appraised Value — GUARANTEED!

Please read carefully, because otherwise you'll miss the heart of this outrageous bargain:

Direct from Calstar, you can own a 12-carat Blue Topaz, dazzling in its oval cut, for just $196. That's right, it isn't a misprint. $196.

Or you can have a stunning oval-cut 12-carat Blue Topaz, in a 14K gold pendant-mount, for $294.

Or you can have the oval-cut 12-carat Blue Topaz, in a 14K gold pendant-mount, with a lustrous 18-inch "rope" 14K gold chain, for just $392.

Any of these rich-looking wonders is yours for just $49 a month interest free. Add $3.50 for insured shipping.

All eyes turn to this exquisite gemstone, shown here in its 14K gold pendant-mount.

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During that 90 days, drop in at a local jeweler and have it appraised. WE'LL PAY YOU $20 FOR THE APPRAISAL. (Just send us a copy of the appraisal and we'll write you a fast check.)

If the appraisal isn't for at least twice your price, send it back for a 100% refund. We'll even pay the return postage.

Wait. I'm not through.

Whether you order the 12-carat topaz, the topaz in the pendant-mount, or the pendant with the chain, it's yours for $49 a month. We'll ship when we have your first payment. You can see: I'm willing to take just about all the risk to get this eye-stopper in your hands.

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Fine jewelry not only will give you pleasure for a lifetime. It can be an important part of your estate.

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VETS ON PETS

TO FIND A MISSING PET

How to protect your dog or cat, and what to do if it has strayed or is lost or stolen.

by H. Ellen Whiteley, D.V.M.

Illustrated by Albert Staehle

My local newspaper recently published an article about a frequent-flier cat named Felix that escaped from its cage and flew 179,000 miles in the cargo hold of a Pan Am Boeing 747. Felix's owners were located from the baggage-claim records and reunited with their lost pet. This is certainly a heart-warming account about a lost pet, but not all such stories have a happy ending. Mrs. Bowman, one of my elderly clients, was moving to a new neighborhood. With her cat Taffy in her arms, she lost her balance and fell on the sidewalk in front of the new house. Luckily, Mrs. Bowman was not seriously injured; however, Taffy escaped into the bushes by the house and has not been seen since.

Getting lost or stolen shouldn't happen to a dog—or any other pet. You can help prevent it with a few simple precautions.

Taking Precautions

A few simple steps may help you reduce the chances your pet will end up like Taffy, either lost or stolen.

- If your pet stays in an outdoor run or fenced yard, check to make sure that gates and fences are secure. If it resides in the house, keep doors closed and windows screened.
- If your pet is frightened by company, parties, fireworks, or thunderstorms, take extra precautions during these occasions to ensure that it feels secure.
- Join a neighborhood crime watch, and advertise your membership on your fence and home.
- Do not allow your dog outside its yard unless it is on a leash. Cats can also be trained to wear a leash or harness; start training them when they are kittens. And teach cats and dogs to come when called by name. Your dog should respond to the basic obedience commands of heel, stay, and sit.
- Have your pet neutered or spayed to reduce its tendency to wander.
- When transporting your cat, use a cat carrier. Dogs may travel in a portable kennel if they have not learned proper automobile etiquette. Never invite theft by leaving your pet unattended in an automobile.

Tattoos, Credits Cards, and Computer Chips

Adequate pet identification will reduce the chances of your pet's being stolen and aid in its recovery if it is lost. All pets should wear an identification tag engraved with the owner's name, address, and telephone number.

The Bark Alert and the Meow Alert cards are interesting variations on the identification tag. They look like credit cards and attach to your pet's collar. The cards contain an individual identification number and the 1-800-BARK-USA telephone number. Owners supply pertinent information and six telephone numbers to U.S. Pet Protection. The 800 telephone number is manned 24 hours a day. A lost pet will be boarded if the owner cannot be contacted.

The injectable computer microchip is another recent innovation in pet identification. A chip the size of a pencil lead is injected directly into the muscle of the animal. Information on the chip can be read with a device similar to those used by airport security. The information about the animal is registered on a computer at the AVID (American Veterinary Identification Devices) company headquarters. This method of identification is currently used by many zoos to protect valuable exotic animals, including birds and reptiles. AVID markets the identification chip through veterinary clinics and humane societies. For information write AVID, 3179 Hamner Avenue, Norco, CA 91760.

Tattooing, like injecting the microchip, is a permanent, painless means of pet identification. An identifica-

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tion number supplied by the registry is tattooed on the belly or inside leg of the cat or dog. The animal also wears a tag calling attention to the tattoo. This ID method has worked well in cases of animal theft. Goldie, a blonde Labrador retriever destined for research at a famous medical clinic, was traced back to her owner 350 miles away when a veterinary technician found the tattoo and called Tatoo-A-Pet (1-800-828-8667). The founder and executive director of Tatoo-A-Pet, Julie Moscove of Brooklyn, New York, claims a 99 percent recovery rate overall for the 16 years the company has been operating. Tattooed pets can also be registered with the National Pet Registry (1-800-255-5726) and the National Dog Registry (914-679-BELL). Tattoo fees vary, from $20 including registration to as high as $50 without registration. Shop carefully and ask questions.

Taking Immediate Action

Karen Green, a pet detective and co-founder of Pet Finders company in Amarillo, Texas, recommends taking the following steps if your pet comes up missing: Contact all animal shelters, humane societies, and veterinary clinics in the area and give them a description of your pet. Place an ad in morning and evening newspapers. Notify radio and TV stations that offer lost-pet announcements. Check with neighbors. Place posters in a 20-block radius of your home. Posters should be easy to read, and they should offer a reward of as much as $200 if the animal is exceptionally valuable. If possible, put a large photo of the pet on the poster, along with information on where the loss occurred, height, weight, collar and spay or neuter status. To help lost-pet owners get off on the right foot, Karen sells The Pet Finders Reward Packet, containing a typeset poster, booklet, and tape with instructions.

Letters for the Vet

Dear Dr. Whiteley,

Several months ago, an article appeared in *The Saturday Evening Post* concerning apartment residents' right to keep pets.

Could you please send me a copy of the article? I am an apartment resident in a government-owned complex. I am an elderly widow and have a cat for companionship. I need to know my rights concerning my cat.

Mary Gaines
Cave City, Kentucky

Dear Mary,

An amendment to the Housing Act of 1983 outlaws discrimination against the pet-owning elderly and disabled tenants of federally assisted rental housing, if it is designed specifically for such tenants. The key phrase is federal funding. I recommend that you check with your local national Department of Housing and Urban Development (HUD) office to see if your apartment is federally funded. Call HUD at 1-502-582-5251 in Kentucky. If you legally fall into this category and feel that your rights are being denied, I suggest that you contact your local congressman, who is William Natcher, Representative 2nd District, 2333 Rayburn House Office Building, Washington, DC 20515. Congressman Natcher's office can be reached at 202-225-3501 in D.C.; in Kentucky, try 502-842-7376 in Bowling Green, or 502-765-4360 in Elizabethtown. The legislation in question allows the landlord to set reasonable guidelines on pet ownership, taking into consideration such factors as size of the pet, the standards of pet care involved, the financial obligations of the pet owner, and the population density of the building. Should the pet pose a threat to the health or safety of the occupants of the building, the landlord has the right to remove the animal. Examples of pet policies or guidelines for federally assisted housing for the elderly are available from the Delta Society, P.O. Box 1080, Renton, WA 98057-1080.

H.E.W.

Dear Dr. Whiteley,

You may wish to know the correct definition of "negative reinforcement," as suggested by your Jan./Feb. '88 article in the *SatEvePost*.

When you catch the puppy squatting and ready to puddle, squirting him in the act is punishment. Punishment reduces behavior.

When the dog stops puddling, one immediately stops squirting. The dog is rewarded for stopping. Therefore, the removal of punishment is negative reinforcement. Negative reinforcement increases behavior.

You may also wish to be advised that one strives to extinguish the punishment by pairing it with a verbal cue. Continuing your example, one squirts and yells no. Eventually, one will be able to yell no to have the dog stop. The threat of punishment has been withdrawn, and the dog's behavior will increase.

I enjoyed your article.

Frank Hunyady
Address withheld

Dear Frank,

Thank you for your excellent clarification of the difference between negative reinforcement and punishment.

H.E.W.

Dear Dr. Whiteley,

I'm in dire need of advice. My friend Maggie, a miniature sheep dog, was given to me about a year ago. She's a very old but active dog. Her problem is, she has numerous scabbed small sores (mostly on her head but also scattered on her body). Her hair seems to have flakes that cause it to clot in bunches.

She rolls in dirt and leaves, I assume to relieve her itching, and is constantly filthy. I bathe her trying to keep infection out, but off she goes to waddle and roll again. She chews and scratches constantly. I've checked for fleas, which she doesn't have.

I can't budget a vet visit, even though she is dear to me. My family wants to put her to sleep but she doesn't seem to be in pain. She's happy, just itchy. Help!

Angela Rader
Detroit, Michigan

Dear Angela,

Old age is not a good reason to put Maggie to sleep. Old age happens to all of us eventually. Moms Mabley says, "You just wake up one morning and you got it!" Maggie's chewing and scratching may be due to an allergy. Dogs suffering from allergies to grass, pollen, and other environmental substances usually show seasonal symptoms. Food allergy or skin inflammation due to poor diet are also possibilities. The March 1, 1988, *Journal of the American Veterinary Medical Association* reported 13 cases of dogs suffering from a crusting skin condition associated with the feeding of generic dog food. The generic diets were corn- and wheat-

continued on page 94

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MICROWAVE
A LIGHT SUMMER LUNCH

Beat the heat with a quick, cool, low-calorie meal you can make in 20 minutes.

by Marcia Cone and Thelma Snyder

If you are in a dieting mode and in the mood for a satisfying meal, here's a three-course menu we can heartily recommend. Choose from two delicious desserts and add just 458 calories to your daily tally. The extremely simple meal is made to order for people in a real hurry. Follow the plan of action, and you'll be sitting down to dine in just 20 minutes. Bon appétit!

PLAN OF ACTION

(20 minutes before serving)

1. **Cook the chicken.**
2. **Mix up the soup and chill it.**
3. **Assemble the salad.**
4. **Serve the soup and then the salad.**
5. **Prepare the dessert right before serving.**

Tomato-Orange Soup

(Makes 1 serving)

Full of vitamin C, this soup recipe represents a 1-cup serving. Simply repeat the procedure for each additional cup.

¾ cup tomato juice
¼ cup orange juice
1 tablespoon chopped fresh basil
Dash cayenne pepper
Dash freshly ground black pepper

Combine all ingredients in cup and chill until serving time.

Warm Chicken with Avocado and Cantaloupe Salad

(Makes 4 servings)

This is a unique chicken salad that combines a sweet cantaloupe, a creamy avocado, a sprinkling of salty capers, and the slight tartness of lime. Walnuts give the mixture a crunch.

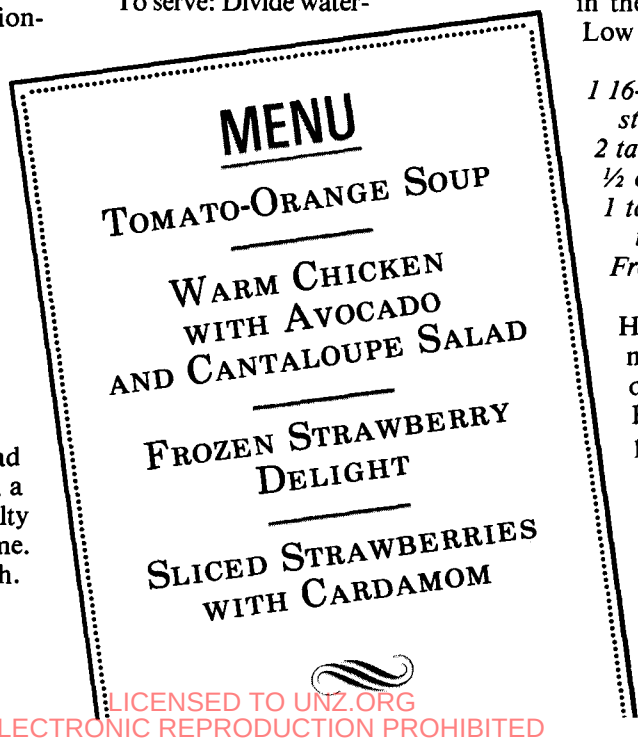
2 whole chicken breasts (about 1 pound), split in half
5 tablespoons lime juice
1 cantaloupe
1 avocado (about 1 pound)
1 bunch watercress
¼ cup capers
¼ cup chopped walnuts
Freshly ground black pepper

Place chicken in 9" pie plate, with thicker sections to outside. Sprinkle with 1 tablespoon lime juice. Cover with wax paper and microwave at High (100%) 3 minutes. Turn over, placing less-cooked sections to outside. Cover again and cook at High 2-4 minutes more, or until cooked through and tender. Let stand, covered, 10 minutes. (As chicken cools it will be easier to slice.)

While chicken is standing, quarter cantaloupe and remove seeds and rind. Cut each quarter into 6 long pieces. Repeat with avocado.

After chicken has stood 10 minutes, slice each breast in half, lengthwise, and then thinly slice each quarter into 6 strips.

To serve: Divide watercress between 4 plates; then arrange alternate slices of melon, chicken, and avocado on top around outside of plate. Sprinkle 4 plates evenly with capers, walnuts, and remaining lime juice. Sprinkle with pepper.



Sliced Strawberries with Cardamom

(Makes 4 servings)

This dessert may be served in place of Frozen Strawberry Delight to save time and a few calories.

2 cups sliced strawberries
Dash ground cardamom

Sprinkle each serving of strawberries with cardamom.

Frozen Strawberry Delight

(Makes 8 servings)

This ruby sorbet is beautiful when served in a white soup bowl with mint sprigs. Add 1 chocolate-covered strawberry or vanilla wafer and an extra 35 calories. You can serve it immediately, or freeze it as long as you wish. If it is too solidly frozen, place it in the microwave 1 to 2 minutes at Low to make the scooping out easier.

1 16-ounce bag frozen unsweetened strawberries
2 tablespoons sugar
½ cup low-fat plain yogurt
1 tablespoon triple sec or concentrated frozen orange juice
Fresh mint sprigs

Heat bag of strawberries in microwave at Defrost 1 minute, or until partially defrosted. Pour strawberries into food processor or blender and chop into small pieces. Add remaining ingredients except mint and process until smooth. Garnish with mint sprigs.

From Microwave Diet Cookery *by Marcia Cone and Thelma Snyder, © 1988 by Thelma Snyder and Marcia Cone. Reprinted by permission of Simon and Schuster.*

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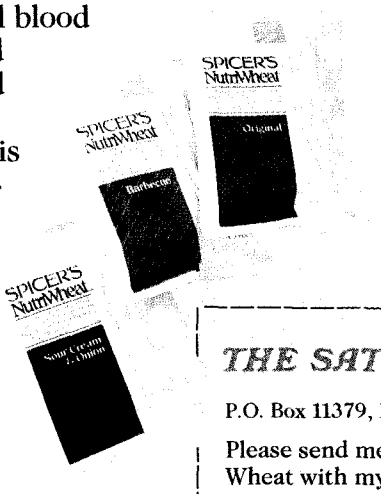
Expand Your Mind and Reduce Your Waist.

Subscribe to the Post and Get this Good Tasting, High Fiber, High Protein Snack *FREE.*

What immediately comes to mind when you hear the words "snack food"? Potato chips? Pretzels? Candy bars? Calories? Fat? Cholesterol? Obesity?

Well . . . forget them all. Now there's a snack food with terrific taste that will answer your snack attack and make you feel great—even help you lose weight. It is Spicer's NutriWheat, a revolutionary high-fiber food made from expanded, high-protein, complete wheat that will reduce your hunger before or between meals. Instead of greasing your gullet with potato chips, salting your system with pretzels, or blending your blood with chocolate's cholesterol, NutriWheat provides the appropriate combination of complete protein, complex carbohydrates, and polyunsaturated fat.

Dr. Arnold Spicer, an award-winning scientist best known for developing an artificial blood plasma on the eve of World War II and for his contributions to the space-food program, explains how NutriWheat works: "Each high-fiber wheat kernel is expanded to five times its original volume. When you eat a handful of NutriWheat, you get a full feeling and don't want to eat more. Also, 60 percent of the product is complex carbohydrates. Unlike a candy bar, which is simple carbohydrates, NutriWheat provides lasting energy."



But you don't have to take the word of this Fellow in Britain's Royal Institute of Food Scientists. We are making it possible for you to try three one-ounce packets of healthful NutriWheat FREE. At the same time we want you to try, or renew your subscription to, **The Saturday Evening Post**, the magazine that never felt better in its life.

We are talking here of a publication bubbling with good humor; serious about health and medical problems; and vibrant with articles on travel, religion, personalities, pets, finances, gardens, houses, and investments of interest to the ordinary American family. As for the fiction, games, puzzles, contests, cartoons, and legendary "Post Scripts," the kids won't have to sneak them out behind the barn to read—they're all as clean as a hound's tooth.

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THE SATURDAY EVENING POST

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HOME IMPROVEMENTS

THE PERFECT ENTRANCE

First impressions count. And entryways can make eloquent introductions—given a few new opening lines.

by Robert McQuilkin

First impressions count. And entryways make eloquent introductions—given a few new opening lines.

Every entrance, simple or stately, acts as an ambassador on behalf of its owner and influences how the rest of the house is perceived. It's not enough for the front door to keep strangers out. Homeowners expect entries to define the character of their homes, to reflect their tastes and values, and above all, to welcome.

Whether an entry is complimentary to an owner often depends on the personal attention vested in it. Yet most homeowners spend their time and resources renewing the interior of the house but leave the exterior to its own care, perhaps under the misconception that exterior makeovers are costly and beyond the capabilities of the ordinary handyman.

On the contrary, four common areas of neglect—the entry door, siding, lighting, and the stoop—can easily be modified with modest skills and capital. Several weekends spent replacing worn or undignified components can transform the most homely home front into the perfect host.

No part of the house comes under such scrutiny as the front door—when someone is waiting outside it. Dated doors can endure only so much pushing and pulling before they become inefficient and drafty and ready to come unhinged. Fortunately, most doors put up little resistance to early retirement, and nearly anyone can pull the hinge pins and doorknob, lay the old door atop the new one, and trace around the outline. Then cut, plane, stain, and hang it up, knuckling the hinge halves back together.

While the door is down, moreover, the house is left wide open for such alternatives as sidelights, a more efficient threshold, oak casing—the extra touches that go beyond simply providing a passage through the wall. Chances are that the existing frame is not equipped with the latest weatherstripping products, which rival refrigerator seals. In fact, it's usually well worth the effort to kick out the jamb with the door and have the new door factory hung or at least mated to its frame at the local lumberyard (for around $100) to secure a windproof fit. Pease Industries, in its quest for a tight-lipped door, recently released an adjustable "Jamb-Jack," which replaces nails. It fits between the jamb and the stud cripple and brings the doorjamb to the door during installation—or for that matter, anytime it needs to be snugged up in the future.

There is something everlasting, warm, and traditional, albeit perhaps a bit ordinary, in a wooden entry door. A number of companies offer a new breed of distinctive carved, leaded-glass doors less likely to duplicate the door next-door. Or homeowners can reach a little further for a Lasting Impressions solid-oak or mahogany custom-carved door from International Wood Products in San Diego. Those who like the look of natural wood but not the maintenance fee can protect the exterior with varnish, which not only provides impermeability but also filters out wood-fading ultraviolet rays.

Nothing can disgrace a handsome door worse than a halfpenny lock set. Find one that gives a good handshake—one that reaches out more than just locks out. Solid brass (as compared to plated)

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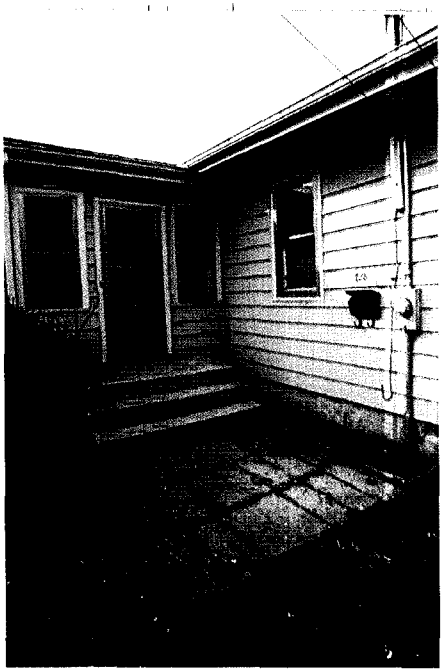

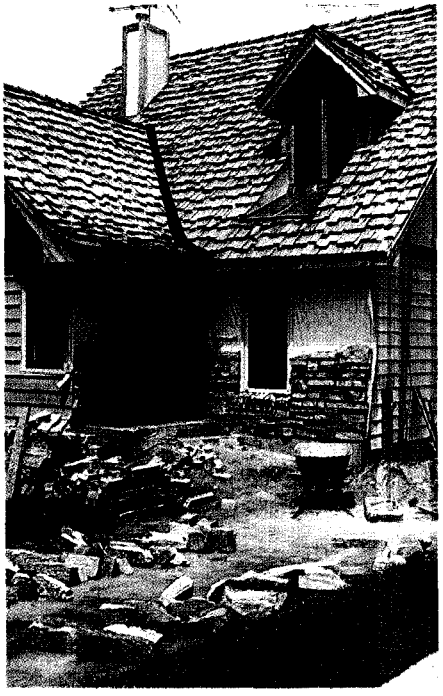

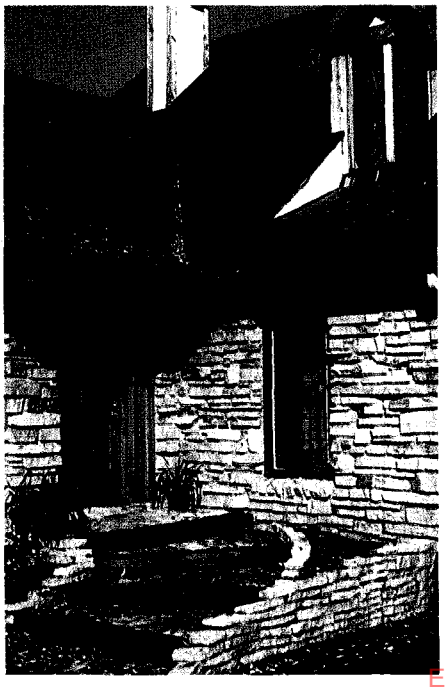

A carved wooden door with brass fittings flanked by new owner-installed stone siding and steps provide a warm welcome for visitors to this tastefully renovated smaller home.

may seem pricey up front, but it guards against time. Lemon juice—if the brass isn't too far gone—or brass polish and No. 000 steel wool will rub life back into the dullest of brass. Spray new brass with lacquer and the glow won't go.

Too many doorbells sound like the buzz of distant houseflies when they could just as well have a welcome chime. Replacing the old buzzer requires all of five minutes, a screwdriver, and wire strippers. Before putting the tools up, however, consider upgrading the courtesy lights as well. Because changing a light is so simple and inexpensive, it's hard to believe that some light fixtures have survived through generations of owners. That 30-minute, $30 solution can illuminate the art of showing a person in.

Walls themselves may not come down as handily as lights or doorbells, but a well-clad exterior lends dignity. Most often, entrance areas are recessed into alcoves or inside corners where a shift in siding material is excused, if not expected. Weathered stone, brick, or cedar flanking the door builds character and complements nearly any existing siding. What's more, such rugged materials wear well and require little maintenance, and they aren't that difficult to install.

However, masonry does require footings, so don't try to set a wall on the stoop, the ground, or any wooden structure. One solution is to bolt a three-inch angle iron directly to the house foundation and set the first course of brick or stone on the steel. It's also possible—and better—to dig down to the house footing that should overhang the foundation by four inches and lay several courses of block up to ground level. If the house is built on a slab and there's ground-level concrete to work from, all the better.

At worst, the wall will require its own footing, which has the advantage of allowing minor floor-plan rearrangement—or sometimes the reverse. And for one couple, replacing their tired yellow aluminum siding with a $400 stone wall made a million-dollar difference.

If a footing is called for, call a professional. But should you decide to lay the stonework yourself—not unreasonable—take this advice:

- 1. Start with a sheet of Tyvek (a nonwoven fabric) on the wall, because mortar and brick are porous and may otherwise leak.
- 2. Take your time. Don't stack more than two feet of material in a day, or it could avalanche.
- 3. Use a line with a bubble level to keep the courses straight.
- 4. Resist the temptation to grout with your fingers, or the lime will etch holes in your fingerprints.
- 5. Mix the mortar carefully. If you mix it too dry it won't bond. Mix it too wet and it'll run.
- 6. Use plenty of wall ties.
- 7. Don't get cold feet. Anyone who can lay tile in the bathroom can lay brick on the wall.

Decidedly, every entry project stumbles over the stoop—that graceless appendage of immovable concrete, so often the nemesis of the noblest designs. Few stoops are connected to their houses, and fewer still have frostline footings, which is why so many stoops have lost their balance and may suggest how they came to be named. Of course, one way to see quick response is over the handlebars of a jackhammer. Just chisel the top step off, build a wooden frame for the new step, and pour the new stairway over the old. Some contractors suggest using lumber for the frame that is of the same dimensions as the step. If you drill a few sets of holes down to the frostline below the new stairs' location (something few contractors bother with) and fill the holes with concrete as you pour the new stairs, the stoop will stay put in the future. Spread the stairs out, curve them, segue them to the lines of the house and landscape. A stairway must do more than get its guests to the door—it should draw them up.

If nothing else, a good first step might be to cover the raw cement with brick or stone to match the wall choice. Make sure the pitch runs away from the house, and whether you lay them yourself or have it done, save some extra pieces for future replacements.

For surprisingly little time and investment, an entryway can be converted into something you'd be proud to hang your name on. And to be sure, it's nice having an entrance worth coming home to.

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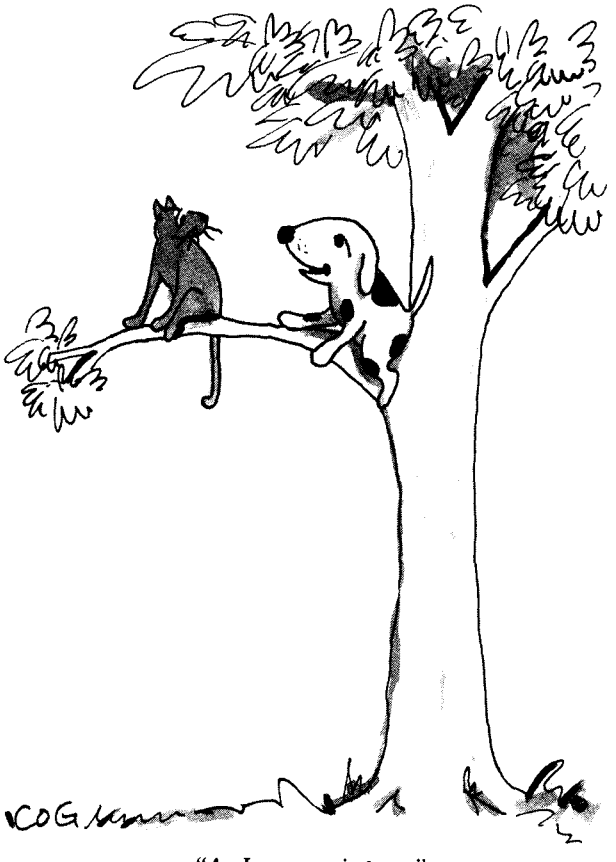
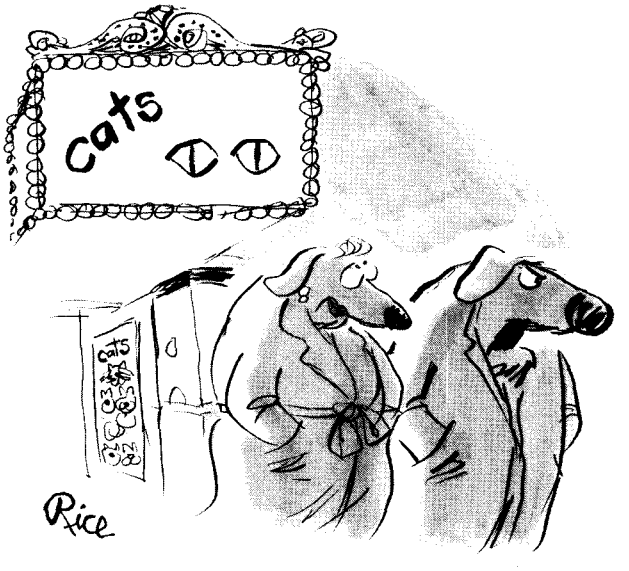
FIDO FUN

"Look here, Marge, I've taught Sparky to sit."



"As I was saying. . . ."



"I didn't like it!"

"That's that ding-a-ling Pavlov."

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Nationally Advertised CVP
DESIGNER BAGS

only $5

to every person responding before November 30, 1988

Genuine Designer Bags only $5 before November 30, 1988

You know how *expensive* Designer Bags can be, right? Their fine quality and luxury features enable some nationally advertised Designer Bags to be sold in stores from New York to Dallas to Beverly Hills for as much as (can you believe it?) *$250.00 to $300.00 per bag!*

Are they *worth* $250.00 to $300.00 per bag ...?

If you want to walk into an exclusive boutique or high-priced department store and pay $250.00 to $300.00 for a high-priced designer bag—that is your privilege. But before you do—pay attention to this:

As part of a 50-state publicity campaign, a large American company (whose sales last year totalled more than $150 million dollars) will give you one of its most elegant nationally advertised Designer Bags—not for hundreds of dollars but for the astonishing publicity price of only $5.

This is the *only* Designer Signature Bag marketed nationally by this leading American firm and is the *same* nationally advertised bag to be featured by this firm in leading media and sold to its most distinguished clientele throughout America.

But your price is only $5 before November 30, 1988

Designer handbags are available with all kinds of exclusive features (and some at crazy prices). But when have you ever seen a designer handbag for *only $5* with all of these features:

Outside-

- Exclusively designed status CVP *Signature* logo which "pops-off" a textured pin-dot background.
- An eye-catching *Goldtone Logo* outlined on a matching stitched oval background.
- Tailored piping around the sides.
- Thick rounded hand straps that have been extra quilted for added comfort.
- A shoulder strap (which can be simply unhooked when not in use).
- A "zip-lock" with a knotted tassel that stretches from end-to-end at top for quick and easy access inside.
- Made of PVC which makes this designer handbag water and stain resistant.
- Your choice of *"Espresso Black"* or *"All-Occasion* Taupe".

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Inside-

- Separate zippered compartment to keep your everyday items (like keys, lipstick, combs) always within reach.
- Spacious area that gives you more organizing and accessory space than you ever dreamed possible.

If you can't imagine such an incredible value, we insist you comparison shop—we doubt you will find a designer handbag loaded with as many features as ours ... for only $5!

EXTRA BONUS FOR PROMPT ACTION

Order before November 25 and the matching CVP Designer Signature Wallet is yours for only $2. This wallet is an organizing breakthrough—here are some of its features:

- Easy Access Checkbook Holder
- Security Pocket for currency
- Snap-opening Change Purse for coins and keys
- Safety Pockets for driver's license, credit cards, I.D., etc.
- See-through Photo Holders

The CVP Designer Signature Handbag and Wallet will *not* be sold at this or any price by the company in any store. There is a limit of two (2) sets per address, but if you order early enough (before Nov. 25) you may request up to five sets. Each set is covered by the company's full one-year money-back guarantee.

To order: Mail your name and address (on a sheet of paper) and $5 for each handbag and $2 for each matching wallet ordered. Add only $2 shipping for each handbag ordered. (New York residents add sales tax.) Allow up to 6-8 weeks for shipment. IMPORTANT: specify Item #R51073 for Espresso Black handbag, Item #R51072 for All-Occasion Taupe handbag, Item #R51063 for Espresso Black wallet and Item #R51062 for All-Occasion Taupe wallet. *Make check payable to RBM Ltd.* Mail to: **RBM, Designer Handbag and Wallet, Dept. 150-131, Box 1600, Westbury, N.Y. 11595. (R51092)**

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LIVING DANGEROUSLY

It can sometimes seem as if everything in the world is out to get you.

by Bill Bryson

Illustrated by Don Trawin

Injudicious activities include: counting your money, showering, having a cool drink—even sleeping if you happen to snore.

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Scientists at the University of Pittsburgh recently reported that showers can be bad for your health. It appears that while we are merrily lathering away and singing our hearts out, toxic chemicals in the water are quietly turning into vapors, exposing us to chemical doses that may in certain conditions be up to 100 times greater than normally encountered.

Meanwhile, researchers at Loughborough University in England have announced that snoring can cause brain damage—honestly—and scientists at Britain's Medical Research Council have suggested that using aluminum pots and pans may lead to dementia. Even the money in your pocket is apparently a threat. According to a study by two scientists at the University of Louisville, 13 percent of all coins and 42 percent of paper money carry infectious organisms.

In short, it can sometimes seem as if everything in the world is out to get you. So routinely are we informed of risks from chemicals, pesticides, food additives, acid rain, cholesterol, and all the other substances around us that we may be excused for wondering if every possible human activity, from making bread to making whoopee, is in some way bad for us. It has even been calculated—and here is a truly depressing statistic for you—that every time you take a walk down the street you reduce your life expectancy by an average of 37 days.

So is the world really such a dangerous place? Well, yes and no. The problem isn't so much that things are getting worse as that we are getting better at detecting the dangers. It is worth remembering that two-thirds of the scientists who have ever lived are alive right now, and most of them are busily at work measuring something, and measuring it with increasingly precise and sophisticated equipment. Take a glass of water. Up to 1970, scientists had managed to identify about 100 organic compounds in an ordinary glass of tap water. Now, in less than 20 years, the number they have identified has grown to almost 500. It should come as no surprise that some of these newly discovered compounds are potentially harmful.

The world has always been a dangerous place, and it is safer now than it ever has been. Our increasing lifespans (71.8 years for a man, 78 years for a woman) are proof of that. The remarkable thing is not that the world is so full of hazards but that we are so bad at assessing them. Most of the things we most fear—crashing in an airplane, being killed by a burglar, dying on the operating table—are unlikely ever to happen to us. Yet we blithely ignore the things that really might send us to an early grave.

"We are risk illiterate," one safety expert says. "We don't appreciate what are the big risks and what are the small ones." In short, we have a completely distorted view of life's perils.

" 'We don't appreciate what are the big risks and what are the small ones. . . .' Put another way, when it comes to risk, we are idiots."

One of the biggest fears for most people is of dying in an airplane crash. Yet the chances of this happening to you are just 1 in 100,000. Statistically, you are more likely to be kicked to death by a donkey. Fear of being murdered is also extremely high, yet you are eight times more likely to be killed playing a sport than you are to be shot by a stranger. A third great fear is surgery—dying on the operating table. But once again, the chances of death there are tiny (1 in 40,000) compared with the risk you take every day as a motorist, when the chance of death is a much more sobering 1 in 4,000. Indeed, for people aged between 5 and 35, automobile accidents are now the most common cause of death. But don't be too alarmed. The chance of having a fatal accident on any one occasion is just 1 in 4 million—practically negligible. The problem is that we use the car so much—the ordinary person makes about 50,000 trips in a lifetime—that the possibility of coming to grief sometime, somewhere, is vastly heightened.

For motorcyclists the dangers are greater still. For every 480 motorcyclists you see on the road, 1 on average will die in the next year—and a far greater proportion will be seriously injured. Yet except where the law requires it, few motorcyclists wear helmets and few motorists wear seat belts—even though both greatly reduce the odds of injury.

But then, where risk is concerned most of us are curiously irrational—as evidenced by our chronic urge to gamble. The next time you buy a lottery ticket, you might want to bear in mind that you are at least three times as likely to be struck by lightning as you are to win a jackpot. It is one of the great human ironies that we are prepared to spend money on extremely long and improbable odds, such as gambling, and yet blithely ignore relatively short odds that concern our health and well-being. As a British parliamentary inquiry into risk recently concluded: "It is apparent that the human view of risk is much more complex than a simple analysis of statistical probability." Put another way, when it comes to risk, we are idiots.

Because we behave in such predictable, if irrational, ways, insurance companies can forecast where and how we will come a cropper with startling accuracy. Actuaries know that in the next year 750,000 people in America will die from heart disease, 50,000 from pneumonia, 2,000 from tuberculosis, 200 in floods, 100 from lightning, another 100 from tornadoes, 50 from snakebites and bee stings. They can tell you that being 30 percent overweight knocks 3½ years on average off your life expectancy, that being poor reduces it by a further 2 years, that simply being unmarried and male slashes almost a decade off your probable lifespan. (Unmarried females are luckier—or

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hardier; they lose just four years off their average life expectancy.)

Some of these calculations are precise to the point of being barely credible. For example, it has been calculated that for every can of beer you drink or cigarette you smoke, you increase your chances of death by one in a million. However dubious some of the calculations may be, they are certainly comprehensive. There is scarcely a happenstance or circumstance that has not at some time or other fallen under the beady statistical gaze of an insurance assessor. One of them even once calculated that if you were to wear both a belt and suspenders, the chance of your suffering "coincident failure"—that is, of having both snap at once and your pants fall down—is one occurrence every 36,000 years.

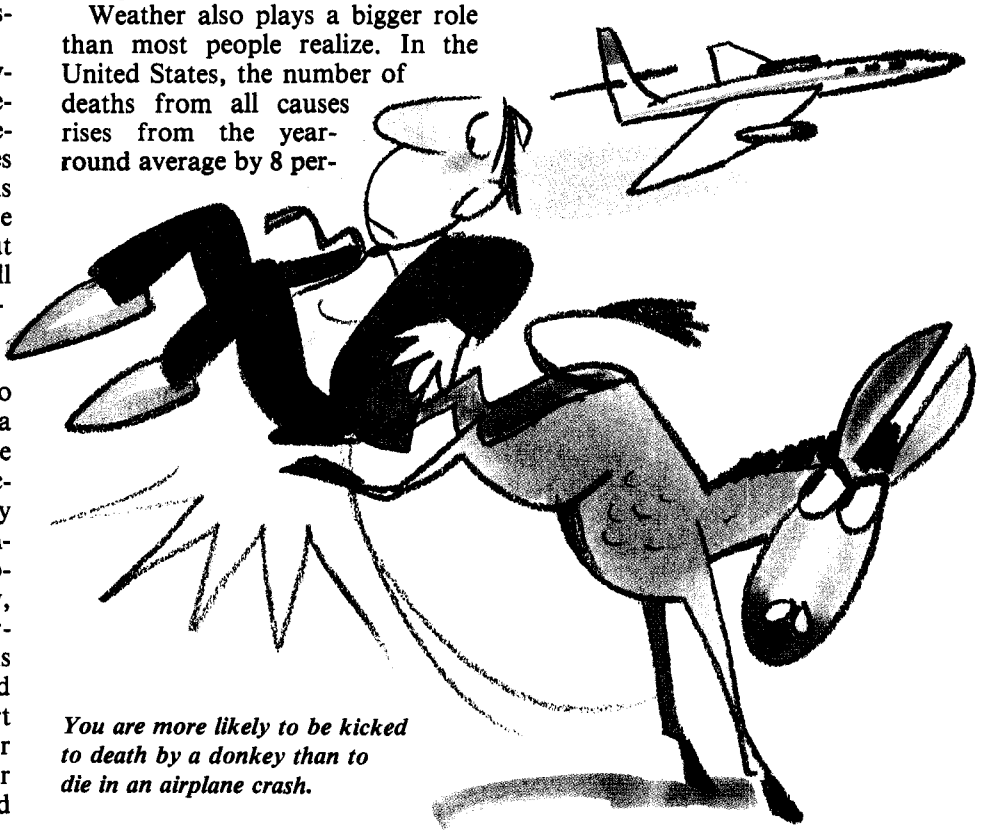
The grim predictability of our mortality rates is something that has long puzzled social scientists. After all, there is no natural reason why 2,500 people should accidentally shoot themselves each year or why 7,000 should drown or 55,000 die in their cars. No one establishes a quota for each type of death. It just happens that they follow a consistent pattern year after year.

A few years ago a Canadian psychologist named Gerald Wilde became interested in this phenomenon. He noticed that mortality rates for violent and accidental deaths throughout the Western world have remained oddly static throughout the whole of this century, despite all the technological advances and increases in safety standards that have happened in that time. People now die in different ways—no one, for instance, was killed in a snowmobile crash in 1900—but the proportion of people suffering accidental deaths has been remarkably consistent. Wilde developed an intriguing theory called "risk homeostasis." According to this theory, people instinctively live with a certain level of risk. When something is made safer, people will get around the measure in some way to reassert the original level of danger. If, for instance, they are required to wear seat belts, they will feel safer and thus will drive a little faster and a little more recklessly, thereby statistically canceling out the benefits that the seat belt confers. Other studies have shown that where an intersection is made safer, the accident rate invariably falls there but rises to a compensating level elsewhere along the same stretch of road. It appears, then, that we have an innate need for danger.

In all events, it is becoming clearer and clearer to scientists that the factors influencing our lifespans are far more subtle and complex than had been previously thought. It now appears that if you wish to live a long life, it isn't simply a matter of adhering to certain precautions—eating the right foods, not smoking, driving with care. You must also have the right attitude. Scientists at the Duke University Medical Center made a 15-year study of 500 persons' personalities and found, somewhat to their surprise, that people with a suspicious or mistrustful nature die prematurely far more often than people with a sunny disposition. Looking on the bright side, it seems, can add years to your life span.

Weather also plays a bigger role than most people realize. In the United States, the number of deaths from all causes rises from the year-round average by 8 percent in the winter and falls by 5 percent during the summer. In other countries, the range of variation is even more dramatic. In Scotland and Italy, for example, the number of winter deaths exceeds summer deaths by almost a third. Much of this is for obvious reasons—people slipping on ice, the elderly being more susceptible to the effects of cold—but not enough to account entirely for the variation. For whatever reason, people simply seem to have a greater will to live when the weather is pleasant.

Boredom is also a great killer. Studies at Columbia University in New York and the National Institute for Psychosocial Factors in Stockholm, Sweden, have shown that the more boring a job you have, the more likely you are to suffer from heart disease—and thus the more likely you are to die before your time. Contrary to popular belief, it is not the overworked, overstressed executive who is most at risk, but rather the production-line employee, someone with a "low decision latitude"—that is, a job that is repetitive, rigidly controlled, and with little or no contribution to deci-



You are more likely to be kicked to death by a donkey than to die in an airplane crash.

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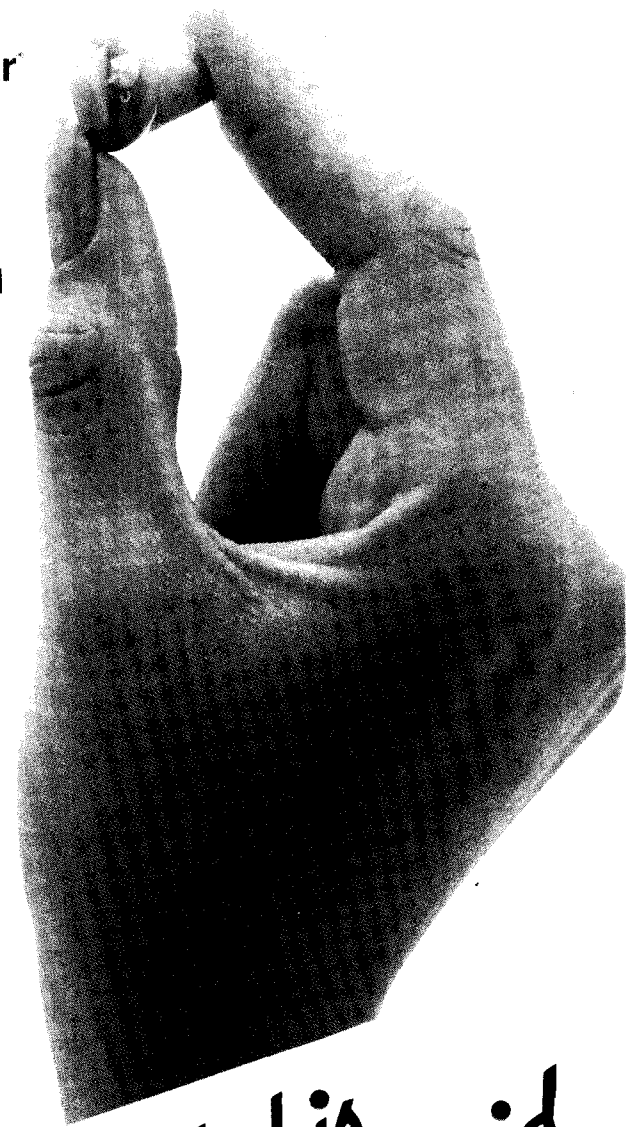

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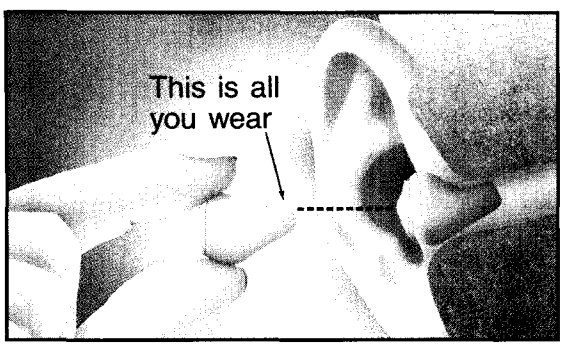

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You are three times more likely to be struck by lightning than to win the lottery.

sion-making. Having a boring job is equivalent to smoking a pack of cigarettes a day. And what is the most boring and dangerous job of all? Probably being a mail sorter, according to the two studies.

Equally hard on health is shift work. According to Charles F. Ehret of the Argonne National Laboratory near Chicago, working nights can severely affect employees' health—to the point of turning some people psychotic. The problem, reported in the *Chicago Sun-Times*, is worse for those who work rotating shifts. The difficulty is that our body clock—called the circadian rhythm—is set on a cycle of about 25 hours, and thus needs to be readjusted every day. Staying up all night on shift work interferes with this readjustment and leads inevitably to feelings of fatigue, malaise, and depression. These in turn impair job performance. In a study at the University of Oklahoma, scientists found that rats trained to avoid an electric shock lost this ability when their circadian rhythms were disrupted. Repeated studies have shown that a disproportionate number of accidents—including the Three Mile Island disaster in 1979—occur during night shifts. The problem is so severe that in Japan it has been proposed that shift work be made illegal. Yet in the United States about 30 percent of all people now work nonstandard hours.

The consequences of many risks often don't become apparent for a long time. The Romans never realized that they were slowly poisoning themselves with lead, just as industrial workers later discovered the dangers of mercury, asbestos, and coal dust far too late. Those of us living now may one day find that we have been killing ourselves at a glacial rate with overexposure to microwaves or the electromagnetic fields generated by televisions and computers—or by something else altogether. A recent study by Dr. Jay Gould of the Institute for Policy Studies in Washington found that for people aged between 25 and 34, the death rate from natural causes increased by an alarming 5 percent between 1985 and 1986. Evidence so far is sketchy, but there is reason to suspect that those of us who were children in the 1950s may have had our immune systems weakened by the nuclear fallout floating around back then as a consequence of above-ground testing.

You may be excused for concluding from all of this bad news that the only safe thing to do is stay at home. But that would be a mistake. In point of fact, the most dangerous place on earth for you is your home—and the most dangerous place in your house is the staircase. More than 15,000 people suffer fatal accidents at home each year in America, and the greatest proportion of those die from falling down the stairs. In fact, the number of people who suffer fatal falls at home is greater than the number of combined deaths from electrocution, poisoning by gas, lightning, floods, tornadoes, polio, meningitis, and fireworks.

Even if you have no stairs in your home, don't feel too smug. Scientists at Harvard University made a thorough study last year of all the chemicals found in the ordinary home—in toiletries, in cleaning materials, in food packing, in furniture, and so on—and they concluded that you are more likely to get cancer from breathing the air of your own home than from breathing the air outdoors.

In short, it appears that there is just no escaping the dangers of everyday life. An old story—possibly apocryphal, possibly not—illustrates the point. In 1940, an American businessman named Wilson, tired of the Great Depression, rising taxes, and increasing crime, sold his home and business and moved to an island in the Pacific as far away from the troubles of 20th-century life as possible. Balmy and ringed with beautiful beaches, the island seemed like paradise. Its name? Iwo Jima.

A third more Scots die in winter than summer, due as much to bad attitude as bad weather.

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SUNDAY SCHOOL AT THE GARBAGE DUMP

An American minister is operating a unique crusade to bring hope and relief to Mexico's poorest people.

by Peter K. Johnson

Children and women with plastic barrels compete with dusty pigs searching for scraps of food in the garbage dumps of Santa Fe, one of Mexico City's poorest neighborhoods. A thin gray haze of pollution stings the eyes and makes you cough.

A white bus crawls along a bumpy dirt road in a garbage dump near the new university area in Santa Fe. The driver bangs on the horn, breaking the lazy Saturday-afternoon quiet.

A woman looks up from washing clothes in a pan on top of a rusty oil drum. Children run out of shacks made of milk-carton walls and corrugated roofs held down with rocks. The landscape is carpeted with raw garbage, abandoned car wrecks, plastic bottles, rags, paper, and scrap metal. Packs of dogs wander along the dirt paths. Dead rats lie baking in the hot sun, covered with attacking flies. The Mexican government is slowly trying to bulldoze the shacks into the ground. With no place to go, the people will no doubt find another dump to live in.

The bus stops in an open area, and workers from Christian Advance International (CAI) quickly convert one side into an outdoor stage and lay out a large cloth on the ground. Children attracted by the noise rush to sit down. A CAI staff worker offers a prayer for the Mexican government and then begins a lively chorus accompanied by a guitar. She encourages the children to join in and clap their hands. She asks them if they love Jesus (or "hey-soos" as pronounced in Spanish). Hands shoot up!

Word games and a tug of war follow, along with a Bible story and such prizes as candy and food. A boy grins at winning two oranges and some small loaves of bread and clutches them to his chest. His friends cheer.

• • •

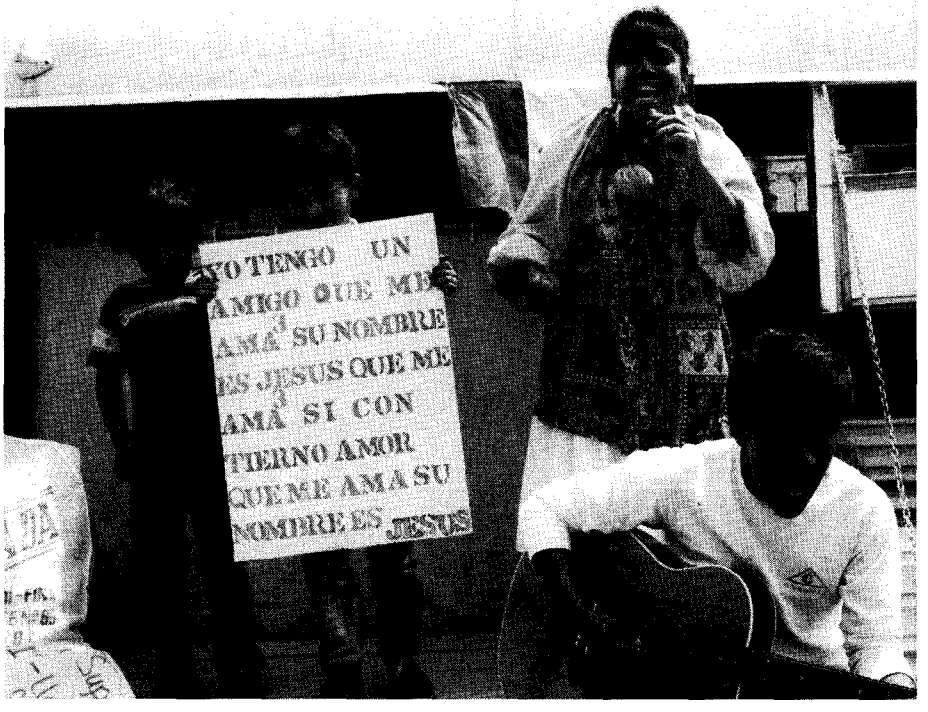
Headed by the 32-year-old Rev. Chris Jones, CAI reaches more than 20,000 children weekly through an unusual sidewalk-Sunday-school program. Using four buses and a former New York City mail truck, CAI staffers go into neighborhoods that few outsiders ever see.

The staff of 22 conducts 103 Sunday schools in the poorest areas of Mexico City, the Obregon and Iztapalapa districts or delegations, as they are called. These areas of harsh poverty are only a 20-minute cab ride from the city's downtown parks, expensive boutiques, and historic monuments.

The CAI program runs from 11:00 a.m. to 4:30 p.m., Tuesday through Sunday. Children are always around because city schools must operate for three sessions to accommodate the overwhelming population.

Jones says: "We came here because of the need and because of the youth population. I'm convinced that if this city is to be taken for God, it's going to be by reaching the youth." Mexico City is growing at a frantic pace; half the population is under age 18. By the year 2000 the city could be home to more than 30 million people. Right now its 20 million people make Mexico City the world's largest metropolitan area.

In addition to having a heavy dose of social and economic problems, Mexico City can be hazardous to the health. Infants and children suffer from such serious pollution-related illnesses as bronchitis, chronic coughs, asthma, and conjunctivitis. An estimated 100,000 children die annually because of pollution, and perhaps 1 million or more have dangerous levels of lead in their blood. Each year 2.5 million vehicles



Lively sing-alongs lead by CAI staff encourage the children to participate.

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and 35,000 industrial plants spew out 5 million tons of air pollutants.

Doctors have even identified a new pollution-related disease called "chilango neurosis." Its victims experience dramatic mood swings, from elation to depression, for no apparent reason. They lose interest in life, and some try to escape by using drugs or alcohol, or by attempting suicide.

Alfonso Ciprés Villarreal, a leader of the Mexican ecological movement, says Mexico City residents are accumulating so much lead in their bodies and passing it on to their children that "we are in danger of forming a generation of idiots."

Dr. Norberto Moran Sanchez, a septuagenarian still practicing medicine in Mexico City, deals with respiratory diseases and stomach infections he relates to pollution and water problems.

• • •

Chris Jones and his wife, Laura, arrived in Mexico City with their two girls in the summer of 1985, after working in a ghetto Sunday-school program in Brooklyn, New York. The Joneses started with a home-Bible-study group in Santa Fe. Out of that one group others developed, along with the idea for the sidewalk Sunday school.

Game winners treasure their prizes of candy and food.

From this modest start, average weekly attendance in the program now exceeds 20,000. He says, "Our five-year goal is 50,000. We feel that is a very practical goal."

Not even scratching the surface because of funding limitations, CAI trys to feed 500 kids each week at three dump locations with bread, juice, apples, oranges, yogurt, tortillas, or whatever else Laura Jones can buy at the time. "We want to expand the food ministry," Chris Jones remarks.

CAI also runs 24 family worship centers or home churches. Chris Jones says: "The sidewalk Sunday schools feed into the family worship centers, exposing Christianity and Christ out in the streets to the crowds we're able to attract. Adults and teenagers come out, so we are able to pass out literature and tell them about the family worship centers."

Every Saturday night, Eulalia Ramirez's three-room cement-brick home on a cliff in the Jalalpa section of Santa Fe becomes a home church. Twenty-seven adults and children crowd into her tiny kitchen and living room. To the beat of a tambourine, they stand clapping and singing, "This is the day that the Lord has made." Outside, squeaking pigs and barking dogs try to interrupt the joyous singing.

Gerardo Venegas, a co-pastor with CAI, stands up to preach a short sermon to the group. He says, "We need to accept Jesus into our hearts. He not only died for us, but in three days he was resurrected! We have life in Christ." Venegas is articulate in his preaching and friendly; it is hard to believe that he was once a member of a street gang and a regular user of drugs. "I was very aggressive and liked to fight," he says.

After more hymns and prayer, Mrs. Ramirez passes around plates of cookies and mugs of a hot rice-milk drink called atole. Mrs. Ramirez became a born-again Christian as a result of a sidewalk Sunday school she passed with her daughter on the way to the market. About opening her home she says, "It's a blessing. It's a joy. I'm so excited to know that my home can be used for the glory of God." In the past two years many persons have found peace and hope in her home.

• • •

The poverty of Mexico City festers like an open wound. At 7,300 feet above sea level, the steep hills and valleys of the poorer sections are covered with flat-roofed one- and two-level concrete-block houses and flimsy shacks that appear ready to tumble down at the slightest push. The cement houses remain a faded gray because paint is too expensive. Trees stand almost naked, holding small clusters of puny leaves. The countryside has no color—it looks

CAI's Sunday-school program reaches neighborhoods few outsiders ever see.

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like an old movie shot in black and white.

Families live without water, heat, or glass windows. Toilets are just holes in the ground. Drinking water comes from a community pipe sticking out of a nearby dirt path. The dump people occasionally get 55-gallon drums of water trucked in to them.

A family of four or five exists in a one-room shack with a dirt floor and a lonely lightbulb dangling from a corrugated metal roof. At night they huddle on one mattress under a wrinkled blanket. What few clothes they have are kept in cardboard boxes. Welfare is unheard of.

Dogs are everywhere: filthy and sprawled out in the dirt with protruding ribs, fighting for scarce bits of food, traveling in gangs, or barking at chickens on flat shack roofs.

The Mexican people are not lazy. They try to find work, even at meager wages of less than $4 a day. Women sell vegetables or dried pigskin on the street. Boys shine shoes. Many families keep pigs as a cheap source of meat. There is always a plentiful supply of open garbage for the pigs to feast on.

Yet despite this dire poverty, the ordinary mother strives to keep her little ones clean. She can be seen washing clothes in a bucket in the open air. When a stranger comes into a home, no matter how simple, he or she is offered green tortillas made from cactus or goat cheese, or fruit. Mexicans are generous.

• • •

Compassionate energy sums up Chris Jones' style of leading CAI efforts in Mexico City. Assisted by co-pastors Allison Gabourel and Gerardo Venegas, he packs his days with meeting both spiritual and physical needs. Bouncing over the bumpy roads of Santa Fe in a well-worn Dodge pickup, Jones is always on the go. He visits families, talks to youth-gang members, encourages staff, helps distribute thousands of pieces of literature each week, brings children to doctors, and preaches to 260 at three church services held every Sunday in a warehouse.

Jones says: "Mexico needs a healing. This country is in desperation, in trouble. At the same time there is an opportunity for the church more than ever before." He sees an almost overwhelming mountain of needs, too high for a cash-strapped government and establishment churches. By concentrating on a neglected segment of Mexico's population, he wants to loosen the vise of poverty and despair that crushes their hope.

Chris Jones' compassion for children goes back to his mixed-up early family life. His parents divorced when he was six, and money was scarce. Growing up in Los Angeles, Jones was invited to a Methodist Sunday-school bus program when he was 11. While there he became a born-again Christian. After attending Oregon State University, Jones entered the ministry.

To raise funds to support CAI's 1988 budget of about $200,000, Jones must make weekly trips to U.S. churches. The program is supported by individuals and various churches. Christian Advance, registered with the Mexican government, has a modest headquarters in Rogue River, Oregon.

Recently an Assemblies of God congregation in Connecticut gave money and provided volunteer labor to build a small cement house for CAI staffer Pancho Lopez and his family. They ripped down his dirt-floor shack where he lived with his wife, three children, and some pigs. Pancho, a former alcoholic, was at a loss for words to express his appreciation. No one had ever taken such a personal interest in him. This act of practical kindness did not go unnoticed in the Santa Fe community.

CAI's medical work is both thrilling and heart-wrenching. It includes bringing children and families to local doctors and running surgery clinics every six months. The clinics are held in the town of Lapiedad, northwest of Mexico City. A volunteer team of doctors and nurses from San Diego, California, performs more than 100 surgeries in two days. They operate on children and young people deformed by birth defects such as cleft palates and harelips. Some youngsters born missing an eye or a nose will require a series of surgeries in a U.S. hospital.

Deformed children in Mexico are outcasts. They must walk around with a handkerchief covering their faces. They stay inside and do not attend school. "After the surgery, people see a change," Chris Jones says. "They feel better about themselves." It's also a joy to see a little child smiling again and playing with other children.

Luis Larone, 21, a member of the CAI adult church congregation, feels better since his cleft-lip and palate surgery was completed in January 1988. He can look people square in the eye now.

After cleft-lip surgery, Luis Larone shares a smile with CAI's Chris Jones.

continued on page 86

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Beverly Hills Skin Care Success Story:

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And the Beauty Who Invented It.

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"Tova Borgnine is a living testament to how beautifully her products work. I took one look at her glowing complexion and decided to give the Cactine Masque a chance to redeem its reputation."
—Linda Jenner

"I have not had a facelift. The only reason I look younger today than I did ten years ago is because of what my wife has discovered."

—Ernest Borgnine

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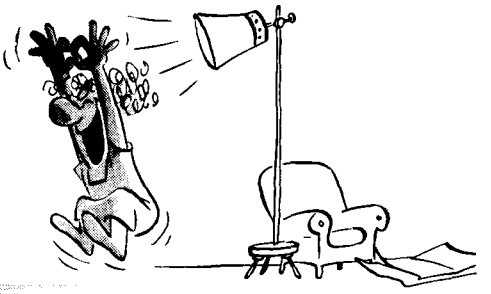

Bazaar Happenings

Concrete parking lots abound
Where country acres once were found.
Symbol of suburban sprawl:
The omnipresent shopping mall.

"Convenience" is the motto
For shoppers with an auto.
In fact, unless you've got a car,
You can't get to the Big Bazaar.

It is "progress," of course, and it's "growth."
One can easily see it as both.
Yet amid all the shops and goods,
One wonders, "Whatever happened to neighborhoods?"

—Natalie Rothstein

Oh, Yeah?

"Put a man on the moon? If there's a malfunction and the crew can't return, we'd be the laughing-stock of the world."

"Mr. Ford has invented a very large and expensive toy on wheels that nobody will want or need."

"So your detective is odd, plays the violin, wears a deerstalker cap and Inverness coat, and solves crimes Scotland Yard can't crack. Doctor, I suggest you stick to medicine and leave writing to the writers."

"The incandescent lamp to light the darkness? People belong in the dark so they may sleep. That's why it's there. Man is not a nocturnal animal."

—James Curnane

The Kiss-off

Two roommates were thrilled when they purchased a parakeet and moved him into their dormitory quarters. And they were equally enthusiastic about taking turns teaching the bird how to talk, over and over repeating the words, "Hi, baby, how about a kiss?"

A few days later, this note was slipped under their door: "Whoever you have in there is obviously not interested. Give him and us a break—let him go!"

—Kris Lee

Tied Down

A married man differs from a bachelor in that when he ties one on, it's usually an apron.

—Frank J. Pepe

Knocking Around

A used-car salesman waxed eloquent about the super buy he was showing a customer.

"You can't go wrong with this gem," he boasted, as he started the engine. "It's the opportunity of a lifetime!"

"It must be," the customer said. "I can hear it knocking."

—Mrs. H. W. Walker

Rite for the Occasion

Dearly beloved,
We're gathered together
To join bride and groom
With a tenuous tether.

For better or worse,
In sickness and health,
She'll be entitled
To half his wealth.

A union that she
May not rend asunder,
Unless, of course,
He won't knuckle under.

And he, in turn,
Shall always be lenient,
At least, as long as
He finds it convenient.

—Henry F. Hill

Driver Education

Everyone should learn to drive a car.

"Well, we're looking at two coats of icing, definitely have to reglaze those windows, and I'm afraid total gumdrop replacement. . . ."

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This thought, which we endorse with zeal,
Applies most especially to those
Who sit behind the steering wheel.

—Muriel Kovinow

Vacation Vexations

(Or, Words I Wish
We'd Never Heard)

"Sure we'll take the dog along. How much trouble can it be?"

"Let's travel light this year. Two suitcases for the whole family!"

"The car needs a tune-up, but we can get one on the road. They cost about the same everywhere."

"I gave our gardener these two weeks off. We'll save money, and the grass won't grow that high."

"The heck with reservations! We're sure to find lots of low-cost places to spend the night."

"I know we have only a quarter tank of gas, but there's bound to be one or two stations along this short-cut."

"Breakfast in bed? Why, room service can't be *that* expensive!"

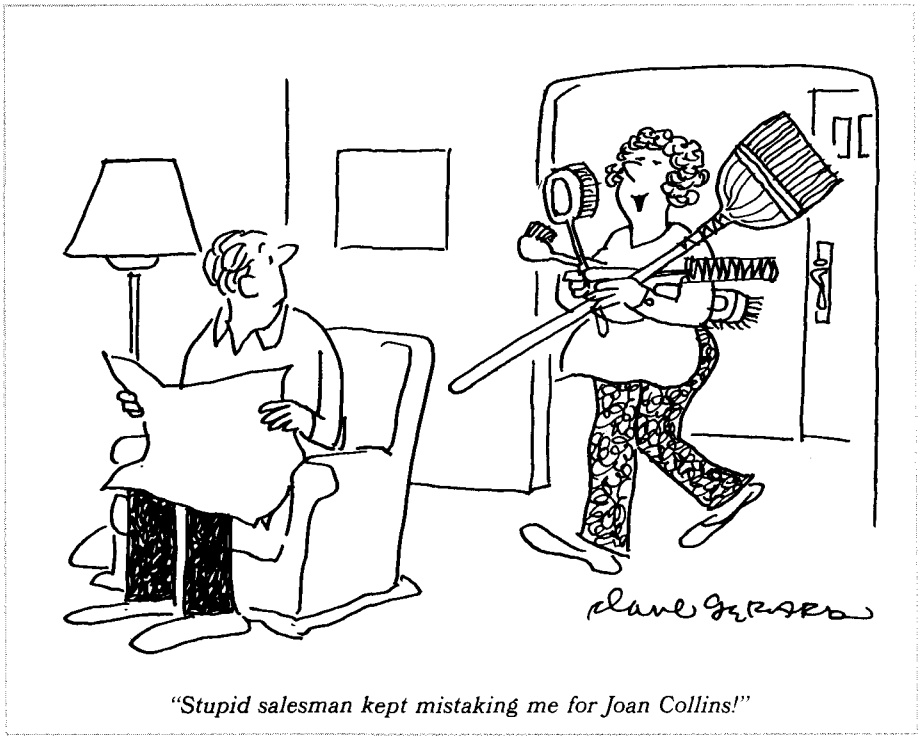
"The suntan lotion is up in our room; another half hour won't hurt."

"Aw, c'mon now! A simple little French place like this couldn't be too expensive!"

"We'll get the flat fixed where we stop for the night. I never heard of two tires going bad in one day."

"Don't bother with the road maps today. I remember this little stretch of highway from five years ago."

—Milton Klamen



"Stupid salesman kept mistaking me for Joan Collins!"

Here's Looking *Through* You, Kid

Seldom is a blessing in disguise
More clearly seen than through
another's eyes.

—S. H. Dewhurst

The Next Best Thing

For more than a year, a man had eaten in a small restaurant whose sign read, "Mary's Home Cooking." Never once, however, had he seen Mary. Finally, his curiosity got the best of him, and he decided to ask the waitress where she was.

"She's just where the sign says she is, mister," the waitress replied, "home cooking."

—Herm Albright

Firmly Planted

A man and a woman waiting for a seminar to begin were chatting.

"Yes," she said. "I'm the kind of woman who spends a lot of time talking to my plants. Let's see—there's my computer plant in Chicago, my textile plant in North Carolina. . . ."

—Martha J. Beckman

Young Lang Syne

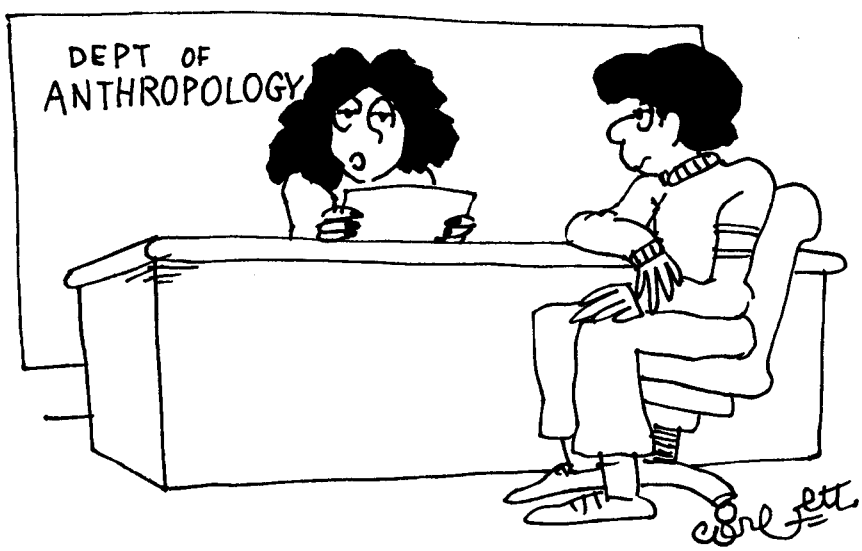
Nothing ruins a class reunion like the wealthy fellow who has managed to stay young looking.

—Rose Sands

Perfect Disguise

The closest to perfection most of us ever get is when we fill out an application for employment.

—Sam Ewing



"It's a nice term paper, except where you quote Fred Flintstone."

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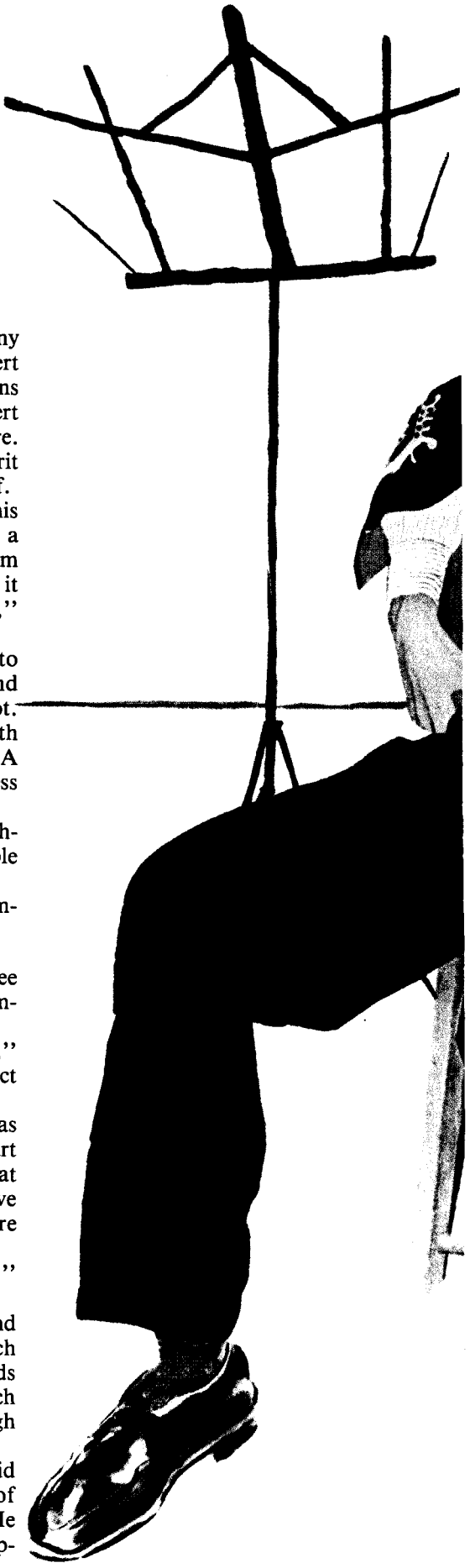
Go out with dames? Not Bert. He was

THE BOY WHO HATED GIRLS

by Kurt Vonnegut, Jr.

Illustrated by George Hughes



George M. Helmholtz, head of the music department and director of the band of Lincoln High School, could sound like any musical instrument. He could shriek like a clarinet, mumble like a trombone, bawl like a trumpet. He could swell his big belly and roar like a sousaphone; he could purse his lips sweetly, close his eyes, and whistle like a piccolo.

At eight o'clock one Wednesday night, he was marching around the band-rehearsal room at the school, shrieking, mumbling, bawling, roaring, and whistling "Semper Fidelis."

It was easy for Helmholtz to do. For almost half his 40 years, he'd been forming bands from the river of boys that flowed through the school. He'd sung along with them all. He'd sung so long and wished so hard for his bands that he dealt with life in terms of them alone.

Marching beside the lusty, pink bandmaster, his face white with awe and concentration, was a gangling 16-year-old named Bert. He had a big nose, and circles under his eyes. Bert marched flappingly, like a mother flamingo pretending to be injured, luring alligators from her nest.

"*Rump-yump, tiddle-tiddle, rump-yump, burdle-burdle,*" sang Helmholtz. "Left, right, *left*, Bert! Elbows *in*, Bert!"

Helmholtz smiled at Bert queasily. "I think maybe there was some improvement there."

Bert nodded. "It's sure been a help to practice with you, Mr. Helmholtz." His voice was reedy, apologetic.

"As long as you're willing to work at it, so am I," said Helmholtz gamely. He was bewildered by the change that had come over Bert in the past week. Bert had seemed to lose two years, to become what he'd been in his freshman year: awkward, cowering, lonely, dull.

"Bert," said Helmholtz, "are you sure you haven't had any injury, any sickness recently?" He knew Bert well, had given him trumpet lessons for two years. He had watched Bert grow into a proud, straight figure. The sudden collapse of the boy's spirit and coordination was beyond belief.

Childishly, Bert puffed out his cheeks as he thought hard. It was a mannerism Helmholtz had talked him out of long ago. Now he was doing it again. Bert let out the air. "Nope," he said.

"I've taught a thousand boys to march," said Helmholtz, "and you're the first one who ever forgot. Maybe we ought to talk this over with the school nurse," said Helmholtz. A cheerful thought struck him. "Unless this is girl trouble."

Bert raised one foot, then the other. "Nope," he said. "No trouble like that."

"Pretty little thing," said Helmholtz.

"Who?" said Bert.

"That dewy little pink tulip I see you walking home with," said Helmholtz.

Bert curled his lip. "Ah-h-h-her," he said. "Charlotte." The subject plainly bored him.

Helmholtz shook Bert gently, as though hoping to jiggle a loose part into place. "Do you remember it at all—the feeling you used to have when you marched so well, before this relapse?"

"I think it's kind of coming back," said Bert.

"Coming up through the 'C' and 'B' bands, you learned to march fine," said Helmholtz. The two bands were training bands through which the hundred men of the Lincoln High School Ten Square Band all came.

"I dunno what the trouble is," said Bert, "unless it's all the excitement of getting in the Ten Square Band." He puffed his cheeks. "Maybe it's stopping my lessons with you."

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"Hi, Bert," said Charlotte, brightly. "Hi, how are you?" he replied, not looking at her.

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When Bert had qualified for the Ten Square Band three months before, Helmholtz had turned him over to the best trumpet teacher in town, Larry Fink, for the final touches of grace and color.

"Say, Fink isn't giving you a hard time, is he?" said Helmholtz.

"Nope," said Bert. "He's a nice gentleman." He rolled his eyes. "Mr. Helmholtz—if we could practice marching just a couple of more times, I think I'll be fine again."

"Gee, Bert," said Helmholtz, "I don't know when I can fit you in again. When you went to Fink, I took on another boy. It just so happened he was sick tonight. But next week——"

"Who is he?" said Bert.

"Norton Shakely," said Helmholtz. "Little fellow—kind of green around the gills. He's just like you were when you started out. No faith in himself. Doesn't think he'll ever make the Ten Square Band, but he will, he will."

"He will," echoed Bert emptily.

Helmholtz clapped Bert on the arm, to put some heart into him. "Chin up!" he sang. "Shoulders back! Go get your coat, and I'll take you home."

As Bert put on his coat, Helmholtz thought of the windows of Bert's home—windows as empty as dead men's eyes. Bert's father had wandered away years before—and his mother, seemingly, was seldom there. Helmholtz wondered if that was where the trouble was.

Helmholtz was depressed. "Maybe we can stop somewhere and get a soda, and maybe play a little table tennis afterward in my basement," he said. "Unless you'd rather go see Charlotte or something," said Helmholtz.

"Are you kidding?" said Bert.

The next morning, Helmholtz talked with Miss Peach, the school nurse. It was a symposium between two hearty, plump people, blooming with hygiene and common sense.

"By 'blacked out,' you mean Bert fainted?" said Miss Peach, with some concern.

"You didn't see him do it at the Whitestown game last Friday?" asked Helmholtz.

"I missed that game," said Miss Peach.

"It was right after we'd formed the block L, when we were marching down the field to form the pinwheel that turned into the Lincoln High panther and the Whitestown eagle," said Helmholtz. He chuckled, forgetting Bert, remembering the glories of the day.

"So what did Bert do?" said Miss Peach.

"He was marching along with the band, just as fine as you please," said Helmholtz. "And then, all of a sudden, he just drifted out of it. He wound up marching all by himself."

"... and what makes you think the eggs aren't fresh?"

"What did it feel like, Bert?" said Miss Peach.

"Kind of like a dream at first," said Bert. "Real good, kind of. And then I woke up, and I was all alone." He gave a sickly smile. "And everybody was laughing at me."

"How's your appetite, Bert?" said Miss Peach.

"He polished off a soda and a hamburger last night," said Helmholtz.

"What about your coordination when you play games, Bert?" said Miss Peach.

"I'm not in sports," said Bert. "The trumpet takes about all the time I've got."

"Don't you and your father throw a ball sometimes?" said Miss Peach.

"I haven't got a father," said Bert.

"He beat me at table tennis last night," said Helmholtz.

"All in all, it was quite a binge last night, wasn't it?" Miss Peach said.

"It's just what we used to do every Wednesday night," said Bert.

"It's what I do with all the boys I give lessons to," said Helmholtz. "All work and no play——"

Miss Peach cocked her head. "You used to do it with Bert?"

"I take lessons from Mr. Fink now," said Bert.

"When a boy reaches the Ten Square Band," said Helmholtz, "he's beyond me, as far as individual lessons are concerned. I don't treat him like a boy any more. I treat him like a man. And he's an artist. Only an artist like Fink can teach him anything from there on."

"Ten Square Band," mused Miss Peach. "That's ten on a side—a hundred in all? All dressed alike, all marching like parts of a fine machine?"

"Like a block of postage stamps," said Helmholtz proudly.

"Uh-huh," said Miss Peach. "And all of them have had lessons from you?"

"Heavens, no," said Helmholtz. "I've only got time to give five boys individual lessons."

"A lucky, lucky five," said Miss Peach. "For a little while."

The door of the office opened, and Stewart Haley, the assistant principal, came in.

In Haley's hand was a bill. "Well, Helmholtz," he said, "if I'd known you were going to be here, I'd have brought another interesting bill with me. Five war-surplus Signal Corps wire-laying reels, complete with pack frames? Does that ring a bell?"

"It does," said Helmholtz, unabashed.

Haley sat down on a white stool. "According to this bill," he said, "somebody in this grand institution has ordered and received two hundred yards of silver nylon ribbon, three inches wide—treated to glow in the dark." He gave a death's-head grin.

"It costs much less to make things glow in the dark than most people realize," said Helmholtz.

Haley stood. "So it was you!"

Helmholtz laid his hand on Haley's shoulder, and looked him in the eye.

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"Stewart," he said, "the question on everybody's lips is, 'How can the Ten Square Band possibly top its performance at the Westfield game last year?' "

"The big question is," said Haley, " 'How can a high school with a modest budget like ours afford such a gorgeous, vainglorious, Cecil B. De Mille machine for making music?' And the answer is," said Haley, " 'We can't!' "

"Wait till you hear what we're going to do with those reels and that ribbon!" said Helmholtz.

"Waiting," said Haley. "Waiting."

"Now then," said Helmholtz, "any band can form block letters. That's about the oldest stuff there is. As of this moment our band is the only band, as far as I know, equipped to write longhand."

In the muddled silence that followed, Bert, all but forgotten, spoke up. He had put his shirt back on. "Are you all through with me?" he said.

"You can go, Bert," said Miss Peach kindly. "I didn't find anything wrong with you."

"'Bye," said Bert loudly, his hand on the doorknob. "'Bye, Mr. Helmholtz."

"So long," said Helmholtz absently. "Now what do you think of that?" he said to Haley.

Just outside the door, Bert bumped into Charlotte, the dewy pink tulip of a girl who often walked home with him.

"Bert," said Charlotte, "they told me you were down here. I thought you were hurt. Are you all right?"

Bert brushed past her without a word, leaning as though into a cold, wet gale.

"What do I think of the ribbon?" said Haley to Helmholtz. "I think this is where the spending spree of the Ten Square Band is finally stopped."

"That isn't the only kind of spree that's got to be stopped," said Miss Peach darkly.

"What do you mean by that?" said Helmholtz.

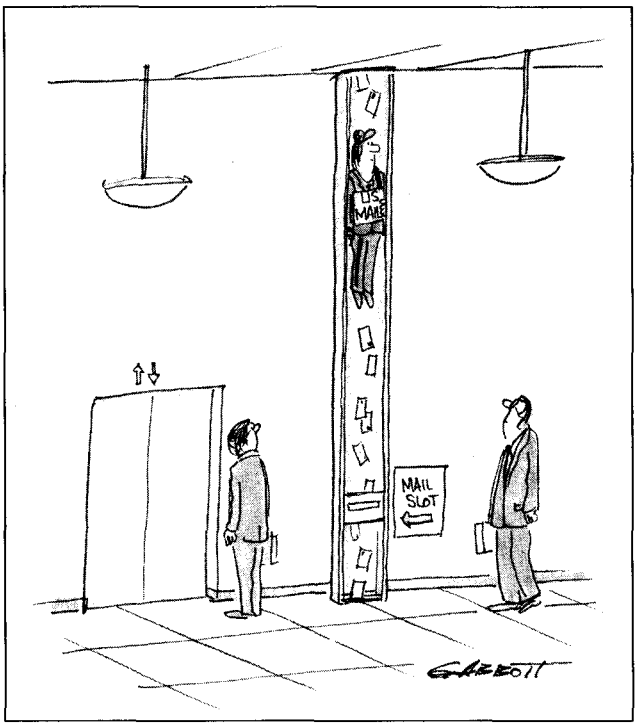
"I mean," said Miss Peach, "all this playing fast and loose with kids' emotions." She narrowed her eyes. "George, I've been watching you for years—watching you use every emotional trick in the book to make your kids march and play."

"I try to be friends," said Helmholtz genially.

"You try to be a lot more than that," said Miss Peach. "Whatever a kid needs, you're it. Father, mother, sister, brother, God, slave, or dog—you're it. No wonder we've got the best band in the world. The only wonder is that what's happened with Bert hasn't happened a thousand times."

"What's eating Bert?" said Helmholtz.

"You won him," said Miss Peach.



"That's what. Lock, stock and barrel—he's yours, all yours."

"Sure he likes me," said Helmholtz. "Hope he does, anyway."

"Will you please open your eyes, and see what you've done to Bert's life?" said Miss Peach tautly. "Look what he did to get your attention, after you stuck him in the Ten Square Band, then sent him off to Mr. Fink, and forgot all about him. He was willing to have the whole world laugh at him, just to get you to look at him again."

"Growing up isn't supposed to be painless," said Helmholtz. "A baby's one thing, a child's another, and a man's another. Changing from one thing to the next is a plain mess." He opened his eyes wide. "If we don't know that, who does?"

"Growing up isn't supposed to be hell!" said Miss Peach.

Helmholtz was stunned by the word. "What do you want me to do?" he murmured wonderingly.

"It's none of my business," said Miss Peach. "It's a highly personal affair. That's the way you made it. That's the way you work. I'd think the least you could do would be to learn the difference between getting yourself tangled up in a boy and getting yourself tangled up in ribbon. You can cut the ribbon. You can't do that to a boy."

"About that ribbon——" said Haley.

"We'll pack it up and send it back," said Helmholtz. He didn't care about the ribbon any more. He walked out of the office, his ears flame red.

Guilt tightened its grip. In his desperation, Helmholtz telephoned his good friend Larry Fink, the trumpet teacher. He started the conversation with weary, worried snickering.

"What's the trouble this time, George?" said Fink.

"I dunno, I dunno, I dunno," said Helmholtz. "The school nurse just jumped all over me for being too nice to my boys. She says I get too involved."

"Oh?" said Fink.

"Psychology's a wonderful science," said Helmholtz. "Without it, everybody'd still be making the same terrible mistake—being nice to each other. We'd still be like cavemen."

"What brought this on?" said Fink.

"Bert," said Helmholtz.

"Oh," said Fink significantly. "Well, that's sure a special case. Isn't something you come across every day."

"Shows how much you know about days around here," said Helmholtz.

"Well," said Fink, "judging from most of the kids you send on to me, they've got a little talent to keep'em going, after you kick 'em out of the nest. Bert hasn't got any. When a kid's got to face a fact like that, there's bound to be a certain amount of extra thrashing around."

"No talent?" said Helmholtz incredulously. "Bert took to music like

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SHORTCUTS TO THE GREEN

If you are one of those golfers who can drive a ball off the tee long and straight but still lose the game because of erratic approach shots to the green, learning a few fundamental cures can cut your score dramatically.

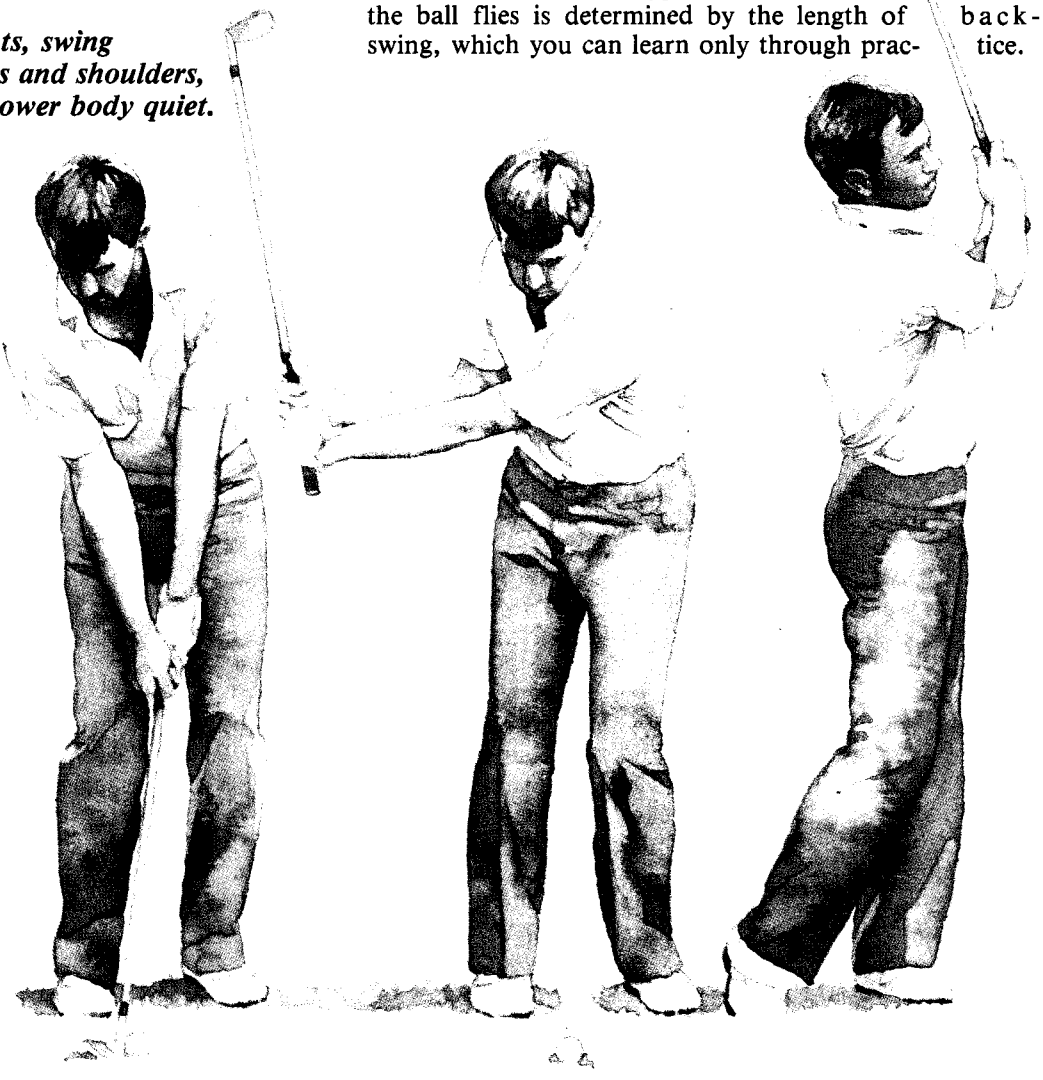
The difference between a bad round and a great one very often is the short game. The ability to get up and down will save you strokes every round and is a skill anyone can master. To help you, the following pages offer a guide to the short game. First are the two building blocks, the pitch and chip, followed by two finesse shots. Three touch shots—the cut lob, bump-and-run, and long run-up—finish your course of study. By practicing these, you'll soon own a short game that is long on results.

THE PITCH

The pitch shot, which you'll use from roughly 20 to 75 yards off the green, is a miniature version of the full swing, made chiefly with the arms and shoulders. Holding a wedge, set up open and a little narrower than for a full shot, with your weight more on the left side. Play the ball slightly ahead of center, your hands even with it.

Swing back with the arms and hands, keeping the lower body quiet. This is not a wristy shot like the chip, but your wrists must be relaxed so they cock naturally. Make a smooth transition between backswing and downswing by letting the club come almost to a stop before starting down and accelerating through impact. As with chipping, crisp contact is vital, so keep your head and upper body still. The distance the ball flies is determined by the length of backswing, which you can learn only through practice.

On pitch shots, swing with the arms and shoulders, keeping the lower body quiet.



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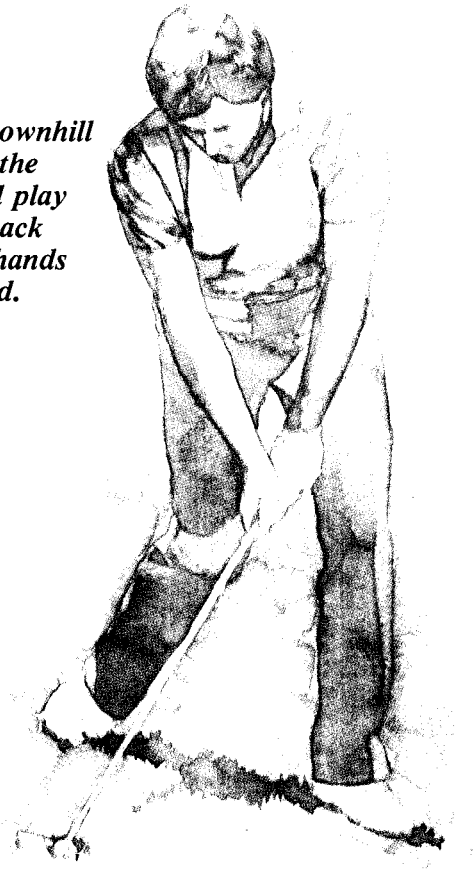
THE CHIP

Think of the chip shot as an extension of the long putt, the object being to get the ball rolling on the green as quickly as possible. You'll usually chip anywhere inside 15 to 20 yards off the green (assuming the ground is relatively flat). Club selection depends on how far you have to carry the ball to land it on the edge of the green; the farther off the green you are, the more loft you need.

Whichever club you use, the mechanics are the same. Set up slightly open to the target, your feet a little closer together than for a normal short-iron shot. Bend at the waist and knees so your arms hang away from your body and the hands and wrists can move freely. Above all, your stance should be comfortable; otherwise, you won't make a flowing, natural swing.

Play the ball at or just slightly inside the left heel with your hands on line with it. Choke down almost to the shaft for clubhead control. To guarantee consistent, solid contact, keep the lower body quiet as you stroke with the arms. Hinge the wrists so the clubface opens on the backswing. Coming down, the wrists hinge forward through impact. With practice, you'll gain feel for the right amount of wrist cock for shots of all distances.



From a downhill lie, open the blade and play the ball back with the hands well ahead.

DOWNHILL CHIP

Hitting along a downslope delofts the club, so once you select the right club for the distance, open the clubface; the steeper the slope, the more you open the blade. Play the ball well back in your stance with your hands well ahead, ensuring you make contact early in the downswing.

Go back to the basic chip stroke, but don't over-hinge the wrists or you'll flick the club at the ball and top it. Swing back to about knee-height and control the action with your arms; then let the hands lead the clubface through impact.

Uphill, the ball begins forward in the stance. Let the right hand pull the club through impact.

UPHILL LIE

Start with the ball well forward in your stance so you hit it on the upswing. The lower body must remain still during the swing to help you maintain balance; to accomplish this, put the majority of your weight on the left foot and keep it there.

Make a short backswing and let the right wrist cock a bit as you start back. On the downswing, think of the right hand taking over, pulling the club through. If the ball is close to the green and you just need to pop it up and out, hit a little behind the ball.

Hitting up a slope adds to a club's loft, so take one club more—e.g., a 9-iron instead of a wedge—than what the distance dictates.

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CUT LOB

You need to get up and down from 30 yards off the green, but a large bunker sits between you and the pin, which is cut close to the sand. You need a high pitch shot that drops next to the flag and stops there: the Cut Lob.

Set up as you would for a normal pitch; then open both the stance and the wedge a little more. The object is to cut under the ball, the open clubface lofting it high, so pick the club up quickly by immediately breaking the wrists; then slice the open blade under the ball, keeping the left wrist stiff through impact and the clubface open. Obviously, the ball must be sitting up enough so that you can slide the club under it; don't try the cut lob from a tight lie. More important, be aggressive: don't decelerate through the ball. You'll either skull it over the green or hit it fat—and into the trap.

A cut lob lofts the ball high over a hazard so it stops where it lands.

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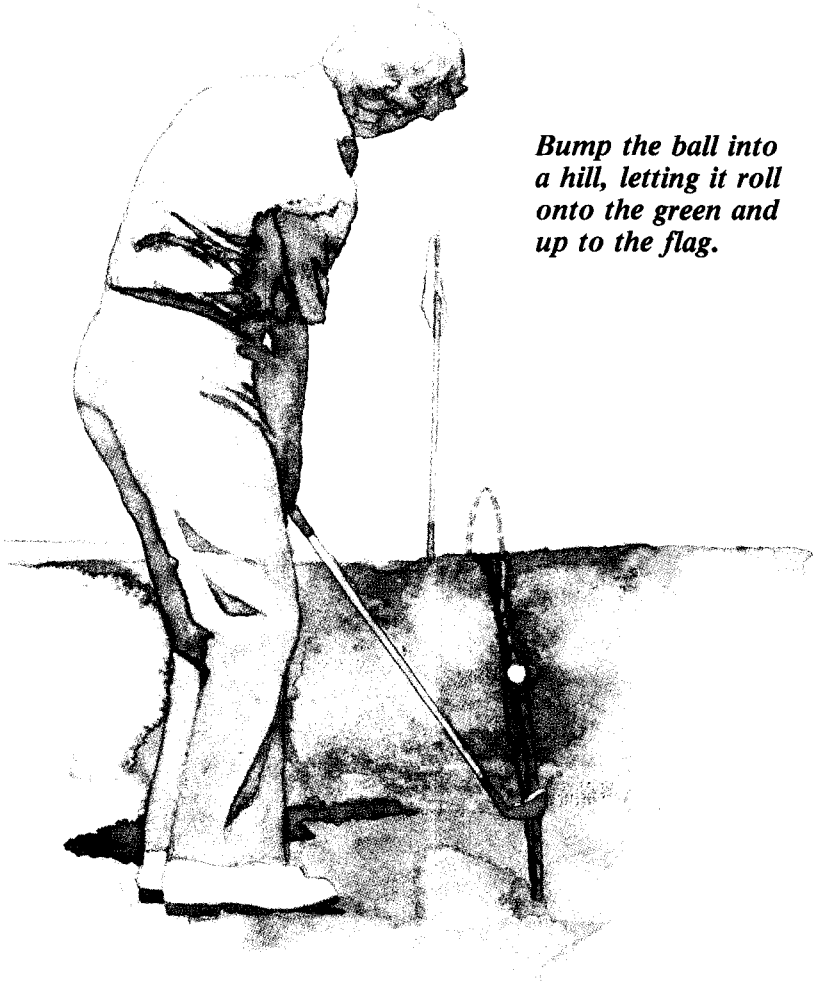
BUMP-AND-RUN

You're off the green, a bank looms between your ball and the putting surface, and the pin is close to the near edge. You can try popping a delicate wedge shot just over the bank and hope it stops next to the hole, but it's a tough shot because the landing area is so small. The more intelligent tack is to take a mid-iron (say 4- to 7-) and "bump" a low shot into the hill so it bounces over the top and rolls onto the surface and to the hole.

The shot is a variation of the basic chip—same setup and stroke—but with a little more arm action. Aim for a spot on the bank where you want the ball to hit, and don't be shy; most players hit so soft the ball never gets over the hill. But guard against the other extreme: blasting the ball over the rise to the far side of the green.



Bump the ball into a hill, letting it roll onto the green and up to the flag.

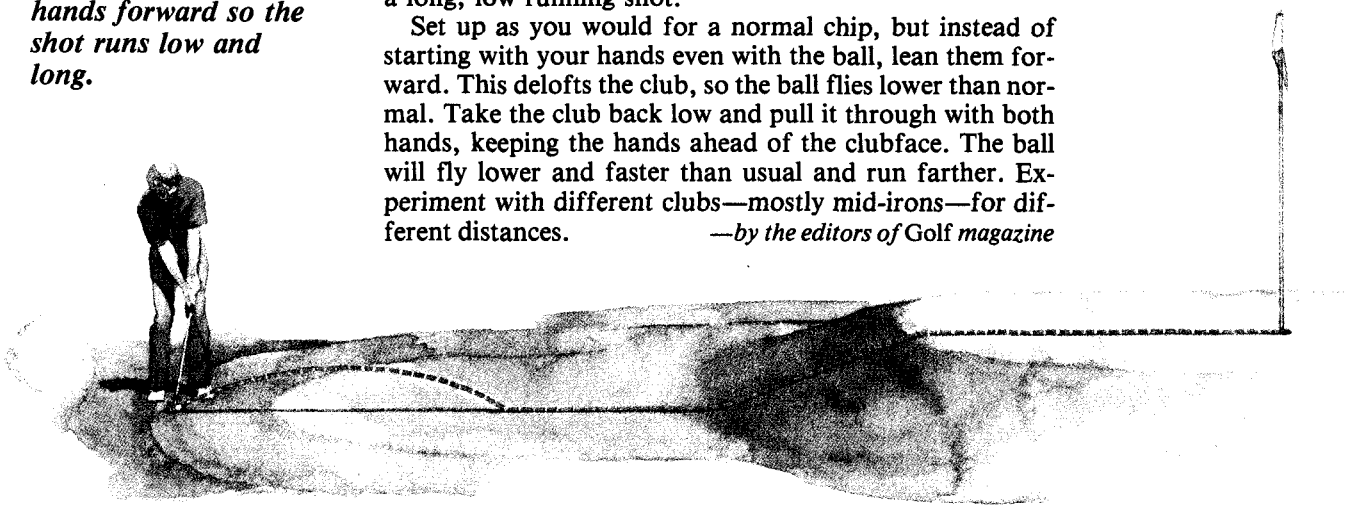
LONG RUN-UP

The ball could be as much as 20 yards short of the green, but the terrain is flat. Or you're just off the lower level of a two-tiered green with the pin set on top. In either case, hit a long, low running shot.

Set up as you would for a normal chip, but instead of starting with your hands even with the ball, lean them forward. This delofts the club, so the ball flies lower than normal. Take the club back low and pull it through with both hands, keeping the hands ahead of the clubface. The ball will fly lower and faster than usual and run farther. Experiment with different clubs—mostly mid-irons—for different distances.

—by the editors of Golf *magazine*

Set up for a normal chip, but angle the hands forward so the shot runs low and long.



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HOW SAFE IS OUR BLOOD SUPPLY?

by John Pekkanen

For 2½ years the Centers for Disease Control (CDC) in Atlanta gathered the unsettling evidence. First, two Colorado men who had received blood from the same donor tested positive for the AIDS virus. Then, following a car accident, a 66-year-old woman contracted AIDS from a transfusion and died a year later. Next a 55-year-old man developed classic symptoms of AIDS 20 months after receiving plasma during coronary bypass surgery. In all, the CDC found 13 of these cases that occurred *after* mandatory testing of the nation's blood supply for human immunodeficiency virus (HIV) began in 1985.

Every year about 3.5 million Americans receive one or more units of blood in a transfusion. What are the

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chances of getting AIDS or hepatitis—the two biggest concerns—from it? And how can you minimize your risk?

Ross D. Eckert, an economics professor at Claremont McKenna College in Claremont, Calif., has written widely on the blood-banking industry. He says, "Before AIDS blood testing began, government officials and blood bankers suggested the public's concern about the blood supply was unwarranted hysteria. In my view it was completely rational—and still is."

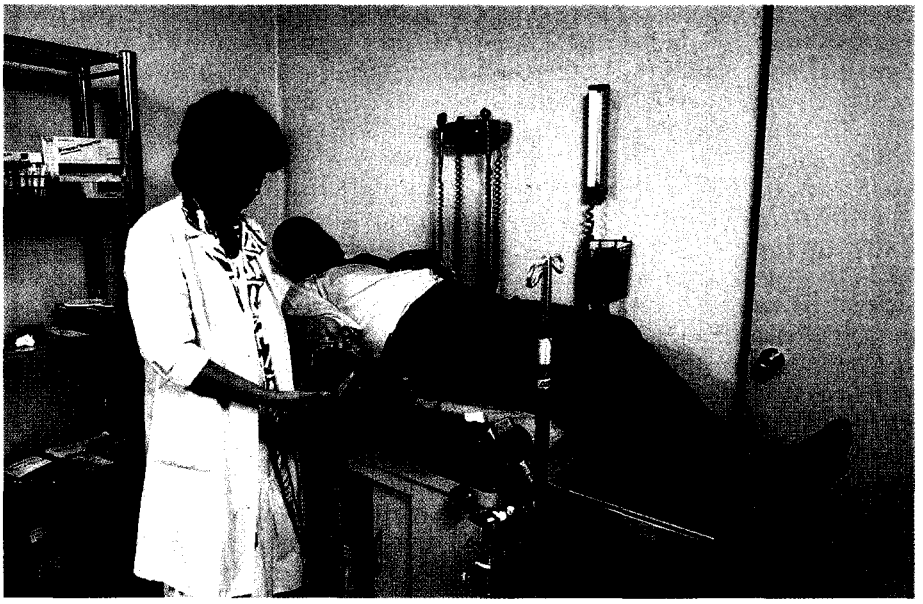
According to CDC estimates, more than 10,000 Americans are infected with the AIDS virus, because of transfusions, and an additional 10,000 people with hemophilia are also HIV positive. Many don't even know they have the disease, and can infect others. As yet, there has been no systematic national effort to trace all these people.

This makes James Shannon, a 52-year-old Washington, D.C., businessman, very angry. (Names of victims in this special report have been changed to protect privacy.) In late 1982 Shannon underwent coronary bypass surgery that required 20 units of red blood cells. (A unit is the amount taken from a pint of blood.) Shannon recovered quickly, but later felt too ill to function well. "The idea that I could have AIDS never crossed my mind," he says.

Then in May 1987 Shannon read an article on AIDS that said people who had received transfusions between 1978 and 1985 were at risk. He was tested, and his worst fears were confirmed. "What angers me," Shannon says, "is that neither the hospital where I was operated on nor the Red Cross that supplied the blood ever contacted me about AIDS. If I had been sexually promiscuous, there's no telling how many people I could have infected."

He says he'd be much angrier if his wife had gotten AIDS. Thus far, all her tests have been negative.

What also angers a number of experts is that the blood industry and the federal government failed to do all they could to safeguard the supply when AIDS began spreading in the early 1980s. Many blood bankers and federal officials deny this. But industry critics contend there were ways to reduce the risk of transfusion AIDS nearly two years before the present test went into effect. They say blood bankers, to protect their own interests, ignored these methods.



Safe, *monogamous* couples should become donors. AIDS brought attention to the blood supply, causing a public awareness of hepatitis and other blood-borne infections. The safest blood is one's own, and predonating for surgery is encouraged.

Guilt by Association

Blood banking, a "nonprofit" industry, is big business. It collects almost 13 million pints of blood a year from volunteer donors and sells nearly 30 million units of blood products. The American Red Cross, the biggest player, collects about half the donated blood. Independent banks collect some 40 percent, and hospitals take in the rest. (Apart from the nonprofit blood industry, there are commercial plasma centers that collect mostly plasma from paid donors; this is then manufactured into a variety of blood products.)

Annual sales of nonprofit blood amount to $1 billion. In 1986 *Money* magazine concluded that if Red Cross Blood Services were a for-profit corporation, its fiscal 1985 revenues would place it number 473 among the Fortune 500, and its hypothetical 8.8-percent earnings would tie for 50th place.

"Blood banks are portrayed as heroic, altruistic organizations," says economist Eckert. "But in fact in most communities they have been either monopolies or cartels. Tighter screening forces them to discard more product, which means lost revenues, and to solicit even more donors. That's why they were slow to respond to the AIDS threat."

Eckert is not the only one who feels blood banks took too much time to respond. Dr. Edgar Engleman, medical director of the Stanford University Blood Bank in Palo Alto, Calif., concluded by early 1983 that it was "patently obvious" AIDS was transmitted by blood and probably constituted a much bigger problem than generally acknowledged.

Engleman's concern led him to adopt a blood screening test for AIDS. His was the first known blood bank in the nation to do so. While his test would not find AIDS directly, it identified abnormal white-cell ratios associated with AIDS patients and people in high-risk groups, such as homosexuals and intravenous drug abusers. Such "surrogate tests" determine guilt by association.

The Stanford blood bank started screening in July 1983, nearly two years before mandatory AIDS testing. To pay for the test, the bank added $6 to the cost of each transfusion. "No patients complained," Engleman says.

Donor's Confession

The following spring, a frantic call came to Stanford from a doctor 500 miles away. "An AIDS patient had just told him that he had donated blood at Stanford and other banks in

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our area," Engleman recalls. "Our records showed his blood had tested abnormal and was thrown out. Unfortunately, the other banks gave his blood to as many as 11 recipients."

With the advent of the present AIDS test (called ELISA, for enzyme-linked immunosorbent assay) in March 1985, Engleman went back to see how well his surrogate test had worked. Seven and a half percent of the "high-risk" blood he had discarded was infected. But for each 1000 specimens from blood that had tested safe and been transfused, one tested positive for the AIDS virus. So Engleman's test, while not perfect, had undoubtedly reduced transfusion AIDS at Stanford.

If his test had any chance of succeeding, why didn't other blood bankers rush to use it? "I don't contend the blood bankers should have used our test," says Engleman. "But they could easily have started testing by 1984 using the hepatitis B core antibody test as a surrogate AIDS test. This would have been a good test to help prevent transfusion AIDS, and they were well set up to do it."

This second procedure detects antibodies at the core of the hepatitis B virus. According to a 1983 CDC study of AIDS patients, these antibodies were present in all intravenous drug users and in 88 percent of male homosexuals. By identifying this high-risk blood, the surrogate test could have prevented some cases of transfusion AIDS.

Blood banks in San Francisco, along with a few other areas, where fear of transfusion AIDS ran highest, instituted just such a test in the spring of 1984. (Some commercial plasma centers had also been using the test.) But all the other blood banks refused. They continued to assure the public that all that should be done was being done.

Dr. James P. AuBuchon, medical officer at the American Red Cross national headquarters in Washington, D.C., replies that the surrogate testing Engleman used was impractical. "It's an expensive test," he says. "There were not enough instruments in the country to perform it. It would have been logistically impossible to do 13 million tests a year. And the hepatitis B core antibody test is not reliable for AIDS."

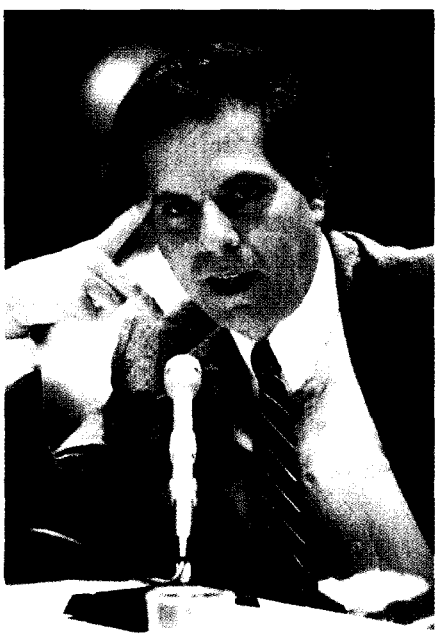
However, clear evidence that the hepatitis test *would* have curbed AIDS comes from Dr. Herbert Perkins, director of the Irwin Memorial Blood Bank in San Francisco. Irwin began using the hepatitis antibody test in May 1984—nearly a year before the ELISA test was available. "Looking back, we now know that 40 percent of donors who test positive for AIDS also test positive for the hepatitis B antibody. So our testing did prevent a certain percentage of AIDS cases."

Closing the "Window"

Given the past foot-dragging, how well is the blood supply protected now?

The first line of defense is that donors are asked not to give blood if they have been exposed to infectious diseases, such as malaria, hepatitis or AIDS, or if they are in a high-risk group for AIDS.

Unfortunately, the 13 recent transfusion AIDS cases prove that some donors slipped through this defense. To find out why, the CDC located and interviewed six of them. "Most were homosexual or bisexual men," reports Dr. Scott Holmberg, a medical epidemiologist with the AIDS program at CDC. "One was a woman who had sexual contact with a former I.V. drug abuser. In one disturbing case, a gay man admitted donating blood to get a free AIDS test."



Dr. Edgar Engleman's wisdom applies not just to California, where AIDS prevalence is high, but to low-risk areas as well. A recent review of a Midwest state's blood banks revealed that of 659,439 persons tested over the two-year period ending December 1987, 989 persons tested positive for the AIDS virus. With 0.15 percent positive in this low-risk donor population, how many units of blood may have slipped through the "no-antibody-yet" window?

Studies of transfusion recipients in San Francisco indicate that one in 100 blood-transfusion recipients was positive for AIDS when thousands who had received blood were called in for testing. Seven out of 8 of these people were without symptoms and tragically had not been aware that they were infected and could be infecting their spouses. Although they had received their transfusions prior to the antibody screening test in 1985, one in 100 is a far cry from the one in 40,000 figure used earlier to reassure the public.

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The blood of these people also eluded the second line of defense—laboratory testing. The ELISA test does not reveal the AIDS virus itself, but the antibodies that form in response to it. The problem is that the immune system usually takes three months to produce detectable numbers of these antibodies. The blood of an infected person can slip through this "window."

How much *is* slipping through? No one knows. But the CDC estimates that a patient's chance of getting infected with the AIDS virus from a unit of transfused blood is about one in 100,000. By contrast, the average person's chance of getting killed in an auto accident in a year is about one in 5000. However, the CDC points out, it isn't presently known whether all or just some of the people infected with the virus will eventually develop AIDS.

Researchers are looking for better ways to screen blood. "Experimental tests are picking up the AIDS virus only a week after infection," says Dr. Frank Young, commissioner of the Food and Drug Administration (FDA), the federal agency that regulates the nation's blood supply. "But a version for routine use is probably two years away."

Until then, the final word on the risk of transfusion AIDS comes from the authors of the CDC study. They call the risk "remote but real."

Big Chill

Even if a foolproof AIDS test for HIV is developed, it's likely that new risks—new viruses—will emerge to imperil the blood supply. Last December, doctors at the University of Medicine and Dentistry in Newark, N.J., examined a woman who had been losing weight for three years and suffered unexplained neurological symptoms. A CAT scan found brain lesions typical of AIDS—but she tested negative for the disease.

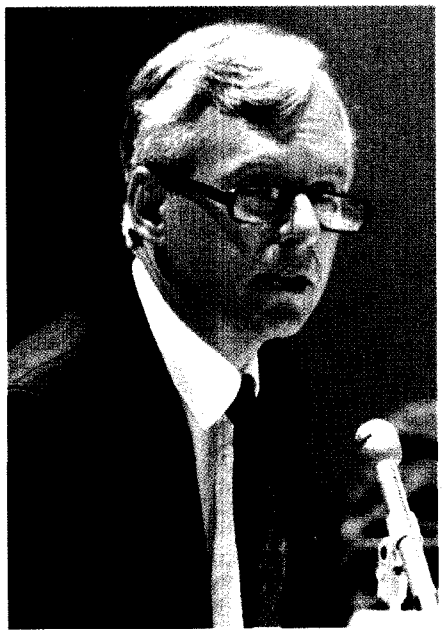
The woman had recently migrated to the United States from West Africa, where a virus called HIV-2 is prevalent. She became the first HIV-2 victim in the United States, and her case symbolizes a new menace to the nation's blood supply.

HIV-2 and another virus called HTLV-I (human T-cell lymphotropic virus), along with AIDS, are in the same family of retroviruses. (A retrovirus is a type of virus that processes its genetic information differently from other viruses.) HIV-2 causes an AIDS-like disease. HTLV-I causes a devastating form of adult T-cell lymphoma/leukemia, and a nerve disorder called tropical spastic paraparesis, which resembles multiple sclerosis. Both viruses are believed to be transmitted the same way as AIDS—by sexual contact, needle sharing and blood, and from mother to unborn child.

Heavy pockets of HTLV-I have long existed in southern Japan and the Caribbean, and to a lesser extent in central Africa. More recently, the virus has been detected among I.V. drug abusers in Britain and in many large U.S. cities. HIV-2 has been found in West Africa and two European countries.

Early last year, the Red Cross, using experimental tests, randomly checked 39,898 units of donor blood for antibodies to HTLV-I. The tests turned up ten units of HTLV-I positive blood, or 2½ units per 10,000. This makes the risk of getting HTLV-I through a transfusion higher than the risk of getting AIDS. A survey of 8503 blood samples by the CDC and FDA found no HIV-2.

"Approving a test for HTLV-I is one of our highest priorities now," says FDA Commissioner Young. "We hope to approve one any mo-



Dr. Ross D. Eckert warned the Presidential Commission on the HIV Epidemic that blood registries with careful histories of blood donors would save lives. Statutes in almost every state exempt blood banks from strict product liability for transfusion-associated disease, usually by declaring that blood is a "service" rather than a product. He urges Congress and the FDA to recommend that states continue to shield blood banks from strict liability only if they have improved their services by adopting registries of repeat donors who are screened more stringently: "FDA or CDC guidelines should specify that all preoperative informed-consent forms require the patients to sign a statement that they have been presented with the alternatives to homologous blood. These would include predeposit of blood, and other means of avoiding homologous transfusions." This contribution was also included in the commission's report to the President.

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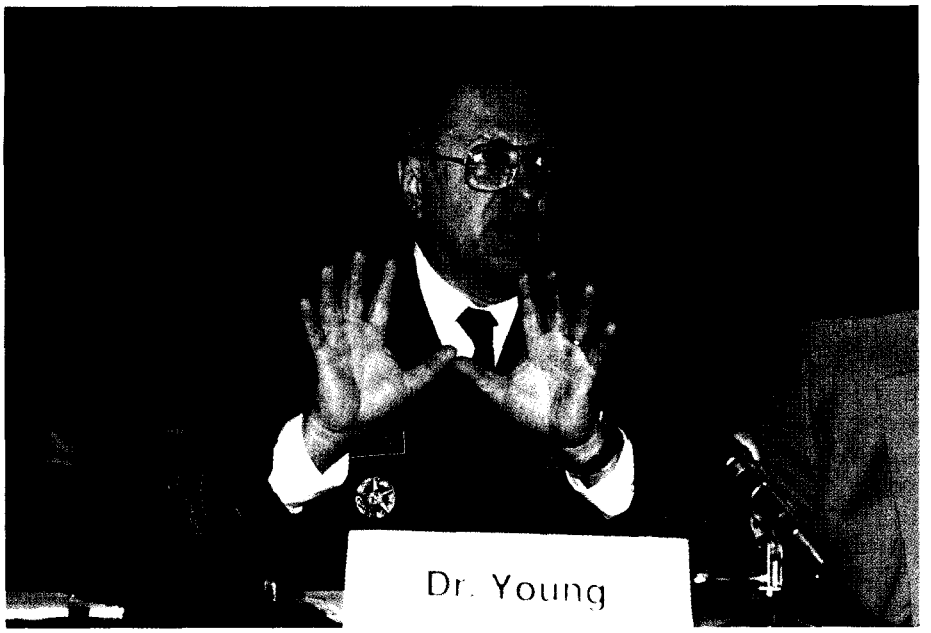

Dr. Frank Young, commissioner of the FDA, is moving his large bureaucratic and underfunded organization to act with deliberate speed in reviewing tests for blood screening. "Experimental tests are picking up the AIDS virus only a week after infection," Dr. Young says, "but a version for routine use is probably two years away." At press date he told us the long-awaited license for the HTLV-I virus screening test should be approved within a month. The AIDS Commission urges immediate additional funding for the FDA.

Dr. Gerry Sandler, medical director of the American Red Cross, impressed the *Post*'s editor with a great motivational address to blood bankers last November in Orlando. "Knowing what we know, it is unconscionable not to begin testing for HTLV-I," the assembled blood bankers were told. More than a year has passed, however, since the facts were in on HTLV-I, another virus from the AIDS family, which causes T-cell lymphoma/leukemia and a severe nerve disorder. The blood banks, except for a few notable exceptions, are not yet screening for HTLV-I. Their excuse: no licensed test from the FDA. Dr. Engleman, who does screen for HTLV-I at Stanford, urges others to do likewise. He reminds blood bankers that screening tests for hepatitis are used without the benefit of licensure by the FDA. The Presidential AIDS Commission recommended that all blood banks begin testing for HTLV-I immediately.

ment. And the HIV-2 test will be right behind it."

Meanwhile, a researcher in Italy may have found yet another retrovirus he calls HTLV-V, which causes another type of lymphoma. Are even more viruses coming? "We don't know," says CDC's Holmberg. "It's possible that AIDS may be just one piece in a larger puzzle. That's a chilling thought, but I think we need to be chilled."

Hepatitis Risk

Just one week after his discharge from cardiac surgery, Paul Griffith, in his early 60s, began feeling weak. "I'd walk ten minutes and sleep four hours," he says. Tests revealed he was suffering from hepatitis, a serious infectious disease of the liver.

Because pre-admission tests showed he *didn't* have hepatitis, Griffith knew he'd contracted it from transfusions. His type of hepatitis is called Non-A, Non-B (NANB).

Griffith's fatigue persisted. Soon he was forced to retire from his law practice. Two years later, a biopsy revealed that Griffith, a teetotaler, had cirrhosis, a harmful inflammation of the liver caused by the hepatitis. For the past six years, because there is no effective treatment for NANB hepatitis, Griffith has suffered recurrent fevers, chills, hemorrhaging and abdominal pains. He is dogged by fatigue and poor appetite. He has lost 70 pounds. "I can't fault anyone," he says. "No one intentionally tried to harm me."

Not until the AIDS crisis focused attention on the blood supply did the risk of hepatitis come to full public view. Before blood banks started new NANB hepatitis screening tests in 1986, the chances of getting this disease from a transfusion were about one in ten. That made hepatitis by far the greatest transfusion risk, with 300,000 to 400,000 transmissions each year. Now, with new tests, some experts feel the risk has been cut to one in 20.

Ninety percent of transfusion hepatitis is NANB. Most of the rest is hepatitis B, a form that can persist and, in some cases, kill. A third kind, hepatitis A, poses little transfusion risk because it is an acute illness with no chronic carriers.

In the 1970s, blood banks took steps to protect against hepatitis B, which was then thought to be the most prevalent form. They began using a test that detects the virus. They

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also stopped paying donors. Studies proved that paid donors—many from skid row—had a significantly higher incidence of hepatitis B than did other volunteers.

NANB hepatitis, however, continues to threaten transfusion recipients because there is no test to detect the virus or its antibodies. Most people with NANB hepatitis don't realize they have it. Many of them unknowingly donate blood.

In late 1986 blood banks finally began using two surrogate tests for NANB. One is the hepatitis B core antibody test—the same test Engleman advocated as a surrogate screening for AIDS. Studies find that people who test positive for hepatitis B antibodies are also at risk of NANB. The second test is called alanine aminotransferase, which measures liver enzymes whose blood levels are raised by many things, including alcohol consumption and NANB hepatitis.

Experiments suggest that virtually everyone given NANB-tainted blood becomes infected. Sooner or later, half of those infected get chronic hepatitis, and ten percent go on to develop liver cirrhosis. Even with the NANB surrogate tests, a patient's chance of developing cirrhosis from blood transfusions is one in 200.

Though testing has made the blood supply considerably safer, the risk of transfusion hepatitis remains high. But a California company has announced it has identified the NANB virus. "Preliminary results are very encouraging," says Dr. Harvey J. Alter, chief of immunology at the National Institutes of Health (NIH) department of transfusion medicine. "If the discovery is confirmed, it will represent a major advance in the prevention of NANB hepatitis. A specific NANB test within two years is now an attainable goal."

Beating the Odds

"There's always going to be a new virus or a permutation of an existing virus, and we're always playing catch-up," says Dr. Harvey Klein, chief of transfusion medicine at NIH. "Ideally, we'd like to have something to eliminate all viruses from the blood."

Klein's idea is not science fiction. Two methods of deactivating viruses —called "blood cleansing"—are now under study. One uses laser beams, the other chemicals. "For massive blood screening, both of these techniques are still a way off," says the FDA's Young. But other possibilities remain:

Dr. Thomas Asher told the Presidential AIDS Commission: "Human blood has always been and always will be the world's most dangerous drug. The lengthening list of transfusion-transmitted microorganisms includes syphilis; malaria; hepatitis B; cytomegalovirus; non-A, non-B hepatitis; Epstein-Barr; HIV; and now HTLV-I. No one seriously doubts that others will follow, ad infinitum."

"Artificial blood." This term is misleading, because the real focus of research is the development of chemically modified hemoglobin, the oxygen-carrying protein in blood. In animal experiments, this chemical solution delivers oxygen as well as and possibly better than natural blood. Gene-splicing techniques may be used to mass-produce it. We could see limited use of this "artificial blood" in patients as soon as a year from now. The substance would most benefit patients who lose massive amounts of blood in surgery or trauma.

Blood salvage. This method collects blood a patient loses during surgery and pumps it into a machine that separates out the red cells, washes them and reinfuses them into the patient. Blood salvage can sometimes eliminate or minimize the need for transfusions—but it requires a $35,000 machine and a technician to run it. (A few major hospitals around the country now offer this service.)

Self-donation. Storing your own blood is the surest way to eliminate risk. Because you can donate up to a pint of blood a week under optimal conditions, and red cells keep for up to six weeks, you can store about five units before some surgeries. Consult your physician first, however.

Commercial firms now offer blood-*freezing* for up to ten years. The annual cost is about $150 per unit. But frozen blood requires time to thaw, and would not be available in some emergencies.

"Creating your own blood bank not only protects you against infections, but also protects you against certain adverse reactions that occur in five percent of donor transfusions," says Dr. Joseph Feldschuh, president of Idant Laboratories in New York City.

While self-donation laboratories are regulated by the FDA, quality control is not uniform. Ask for recommendations from your area blood bank and your physician.

Designated donation. This involves simply asking friends and relatives to donate. Most blood banks allow this, but discourage it because there is no evidence that such blood is safer. "If you know the donors *very* well and are sure they are not in a high-risk group, designated donation may protect you against transfusion AIDS," says the FDA's Young. "But against NANB hepatitis, I don't think it's any help at all."

One sure way to reduce transfusion risk is to cut the number done. "I can't prove it," Young says, "but I think many transfusions are unnecessary. We have to educate our physicians better in this regard, and develop clearer guidelines."

Until that happens, given the tests available, the blood supply is as safe as can reasonably be expected. Says Dr. Thomas S. Asher, chairman of HemaCare, a commercial blood-technology firm in Sherman Oaks, Calif.: "Over the years, the nonprofit blood industry grew big and arrogant and began to lose sight of its goal of service. But in the past year or so the blood bankers have truly seen the light and are more responsive. It's called consumerism, and the public will be better served because of it."

This new commitment, coupled with technology, may someday make the blood supply completely safe. For the present, though, it may be well to heed the words of the experts: blood is a risky form of medical therapy—but it can also save your life.

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I'LL NEVER FORGET WHAT'S-HER-NAME

Long-term memories are stored in filing cabinets of the mind—but years of neglect cause certain drawers to become stuck.

by Maynard Good Stoddard

Illustrated by Don Trawin

My dear wife of 40 odd years (the other 11 have been fairly even) takes delight in reminding me, and everyone else within earshot, that I am not as young as I used to be. A man of 75, however, doesn't need to be reminded that he is not as young as he used to be. In fact, I can't remember ever being as young as I used to be. And while you are thinking that over, I'll see if I can remember what the heck I was planning to write about. . . .

Oh yes: memory loss, reported to be the first speed bump one hits on his journey down the highway of life. And although I don't look anywhere near my age—especially when I can remember to comb my hair forward instead of back—I will admit that awkward moments are becoming more and more frequent.

Only last week, for example—or was it two weeks ago?—while waiting for my dear wife to run into the IGA for a loaf of bread, I remembered that I needed a haircut. Leaving a note on the steering wheel in case she got back before I did, I walked across the street to the barber shop. Here I waited until all my predecessors had been shorn and then hopped into the converted La-Z-Boy.

"And what can I do for you?" the barber asked, somewhat mystified.

Because barbers went out of the shaving business I've forgotten how many years ago, and removing moles by electric needle was outlawed about the same time, the barber doesn't have a whole lot to do except cut hair.

"You can give me a haircut," I responded, striving to hold the sarcasm to a minimum.

"I gave you a haircut yesterday," he said, wheeling the chair around so I could take a look in the silver-backed portion of his mirror.

After slinking out, I went directly to the Owen County Public Library. Was there perhaps a book that might

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offer some pointers on how to revitalize the old memory buds and lessen a man's chances of committing these faux pas? I came away with *Memory*, a book by Elizabeth Loftus. My dear wife discovered it in the back seat of the car three weeks later.

"Is this yours?" she queried. "I don't remember," I said. "Well, you'd better remember to take it back," said she. "It's already a week overdue."

So, to be honest, I didn't do the book justice. I did learn that there are three stages in the memory system: sensory register (eyes), short-term memory (STM), and long-term memory (LTM). The author likens STM and LTM to a desk: the top of the desk is the STM, the drawers or files are the LTM. We remember what's in the drawers because we have rehearsed the material over and over (bragging to our kids how we walked four miles to school in waist-deep snow), but the stuff on top of the desk too often gets lost in the shuffle. That accounts for the wife's getting out of the car to watch hubby fix a flat and his driving off without her. Or he drives to work and takes a bus home and then has to take a bus back to get his car. (I did that only once.) Or his dear wife plants rhubarb one week and he rototills it out the next week, under the happy delusion that he is ridding the garden of burdock roots. (I have no trouble remembering that my reward for this caper was a dinner of cold chicken and leftover boiled cabbage. Yum, yum.)

When it comes to short-term memory loss, nothing can be shorter than forgetting to remove the keys before locking the car. The last time I did that was . . . I'll have to check my checkbook.

I won't say that my dear wife was at fault. I'd like to, but one dinner of cold chicken and leftover boiled cabbage in a lifetime is plenty. I will say, however, that she said she would be staying in the car while I went into Hanlon Bros. Hardware to look for a one-man crosscut saw. (I had a two-manner, but with dear wife on the other end pulling when I pulled, and vice versa, we might as well have been using an emery board.) Out of habit, naturally, I locked my door upon getting out. I came back to find her standing outside the car, having run some trivial errand at the bank, and wearing a look that saved her the effort of announcing, "Well, dummy, you've done it again—locked the car with the keys inside!"

To her look I responded with great relish, "Have you forgotten that I thoughtfully put an extra key in a magnetized box inside the rear bumper?" And not until I had collected bumper dirt halfway to my elbow groping for it did she out-relish me with the rejoinder "And have you forgotten that that was on the car you turned in for this one?"

The man with the van who unlocks cars for a living charges, as I knew only too well, $15 for his two-minute services—or about $450 an hour. Which is even more than I make. To save this expenditure, I would walk over to the dealership where I'd bought the car (the name is somewhere here on top of my memory desk) and see if the service manager (shoot, I know his name as well as I do my own) knew any tricks that would get me into my car short of smashing a window.

After the last of his tricks had failed, he kindly offered to take me home to get a spare set of keys. On the way, he was awarded a citation for speeding. I, of course, felt obligated to pay the 50 bucks. He felt

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GOOD MORNING, JOAN LUNDEN

It's a tough job being the female anchor of ABC's "Good Morning America"—but somebody's got to do it.

by Ryan Murphy

The moon is still ripe and hanging heavy in the sky when the female half of the "Good Morning America" team begins her day.

It's 3:45 a.m. when the bleat of an alarm clock pierces her slumber. She rouses from her bed, heads for the shower, and stands under the spray.

Good thing she's a morning person, or this truly would be hellish.

Next stop, the closet—and obviously, at this time of day flirty Calvin Klein dresses cut up to here don't cut it. She throws on a jogging suit, or if the mood strikes, Levi's and a T-shirt. (A fanatic about not waking her family, she has all her home's door hinges oiled once a month.) The blonde hair, damp and stringy, is pushed up under a baseball cap. The face is devoid of makeup. Luckily for her, she says, the double curses of puffy eyes and dark circles somehow passed her by.

By now it's 4:15, and a car is waiting by the curb of her Westchester County home, a California-style retreat 24 miles from the Big Apple. She gets in and greets the driver, and the car races into the darkness. At her side is the day's newspaper. She skims through it, all but memorizing the headlines, and then picks up the day's script. That she doesn't skim through. She crawls through it slowly, highlighting her segments, the information sinking deep into her still groggy brain. After 45 minutes of work, she's arrived at ABC's Manhattan studio.

The next hour and 15 minutes is spent on physical preparation. The hair is teased, brushed, and lacquered into place; the makeup that won't melt under harsh TV lights is applied. Next comes the wardrobe fitting, then maybe a quick bite of something—but forget an offer of coffee, because she doesn't drink it. Java makes her jittery.

By 6:30, she's in the studio talking with producers, going over changes. Then, from 7 to 9 a.m. comes "full alert"—it's "Good Morning America" time, when news of the weird, the wired, and the wonderful is dished out to millions of viewers with a smile and a nod of authority. That done, meetings about tomorrow's show begin.

Around noon comes lunch, or research, or wardrobe shopping. Then comes time for the kids—all three of them. The afternoon is largely devoted to familial concerns, unless she's taping her regular parenting program, "Mother's Day," which airs on the Lifetime cable channel.

At 5 p.m., she's firmly ensconced in her motherhood mode. Dinner, time with her husband, Michael Krauss, cleanup, play with the kids, what have you. This goes on for hours. By 9:15, however, she's in bed. Six hours later the exhausting cycle begins anew.

It's a tough job being Joan Lunden, but somebody's got to do it. Lunden laughs at such sentiments, of course, but in the next breath agrees. Yes, her schedule's tough. Question: with three kids and a budding career as the nation's TV parenting authority, why put herself through it? Answer: she's an information addict, and withdrawal is not an option.

"There is a reason you get hooked to this business," says Lunden, 38, who in 1988 celebrates her eighth year as a "Good Morning America" cohost. "There is a reason you get up at 3:45, why you stay with this profession through all the years of running down streets covering fires. And the reason, frankly, is curiosity. There's a certain feeling of specialness you get when you're the first to know."

She pauses, chewing on the thought. "You're the one who tells everybody else what's going on in the world—who just died, what blew up. That's a fascinating position to be in. Access to people—to be able to pick their brains, quite frankly—is really a privileged position, and one very few people have access to."

Lunden's curiosity transforms a mundane "GMA" segment such as "Dog Hero of the Month" into something, well, interesting. Of course, in the beginning, Lunden learned to make such animal spots and cooking-tip segments sparkle because she had to. When David Hartman was at the helm of the "GMA" ship, Lunden was delegated to a sidekick role. Certainly she possessed the savvy to do more. And yet . . . a writer, Jane Hall, summed up their on-air relationship this way:

"Lunden seemed eager to play willing helpmate to Hartman, the unchallenged regent of morning TV. She practically brought him his slippers after a hard day's work on GMA's coffee-klatch set. While he interviewed heads of state, she was likely to be chatting up heads of lettuce. It was all very '50s."

Lunden has mixed memories of her salad days. "David," she says, "was very nice, but he could be difficult. I came into this job with open eyes. I had no illusion of grandeur. I also remember that I made him look good. I was there to give the line to the press that everything was O.K. It was a tough seat to sit in, that seat next to David Hartman. But I resolved that I would never, never—no matter how angry I got on those days when I'd come in and there would be nothing for me to do—that I would never fight him."

And so, she waited patiently, dotingly, hoping her day would come. Come it did in 1986, when Capital Cities purchased ABC and backed away from some of Hartman's contract demands. He left. She stayed,

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achieving in the process a new power balance with her co-host, Charlie Gibson.

"Joan is the most unselfish, even-keeled person I've ever met," Gibson says. "If you tell her we just lost a satellite hookup, or a guest, she won't ruffle."

Almost immediately after Hartman's departure, things began to change. Sure, Lunden still had the obligatory "Dog Hero of the Month" feature dumped in her lap. But she now also tackles presidents and heads of state. Now that she has finally shaken her reputation as a vacuous blonde, the newfound responsibility clearly agrees with her.

Gibson sums it all up this way: "Every morning I get up at 3:21, and every day it's a struggle," he says. "When I come into the studio, I'm dragging. But Joan? She comes in beaming."

• • •

Right from the beginning—from day one—Joan Lunden had to fight it out.

She began her broadcast career in the early '70s in Sacramento, California, working for KCRA-TV and Radio as a reporter, then co-anchor, then producer. It was a tough climb. Lunden, it seems, had two things going against her. She was an attractive blonde, and she wasn't male.

Lunden isn't one to harp on discriminatory practices in her field, but she clearly has an opinion. "Women," she says, voice steady, "are not treated equally to men in terms of stature, news assignments, or pay. It's changing, sure, but slowly. I came into this business at a time when there weren't a lot of women around. I had to make a niche for myself. Well, I worked my tush off."

Paul Thompson, the former news director of KCRA, gave Lunden her entry into television. He agrees that Joan Lunden was driven by demons of overcompensation. "When she walked through my door, I saw that she'd be good for television," Thompson says. "She was attractive, yes, but she was also very bright. She didn't have any experience but was so interested in starting a TV career. So I hired her."

The first couple of months on the job were tiring, full of stories about fires and crime and the underbelly of life. Chasing news bits in two-inch heels does not a happy back make.

Erma Bombeck says of Joan Lunden: "She is a prototype for '80s women who want it all without sacrificing integrity and the importance of family."

But then came an offer to begin a consumer-affairs beat, which she accepted. And the ball started rolling.

"She was so resourceful, more so than anyone else I've seen," Thompson says. "It was a new beat—no one had ever done it. And Joan attacked it. She enrolled in consumer classes at a local college all by herself. She started going to legislative sessions. She amassed two filing cabinets. She self-educated herself."

Joan Lunden's tenacity eventually pushed her toward the opposite coast. In 1975, she joined New York's WABC-TV Eyewitness News team and a year later became co-anchor on the weekend newscasts. Lunden's quicksilver success, of course, did not endear her to everyone she met. "Barbie"—as in the Barbie doll of beautiful hair and fabulous wardrobe—became a new, much-loathed moniker.

"I just had to live down that stereotype," she says. "When I started out, I was a sitting duck. They just made mincemeat out of me. For the two years I was in Sacramento, barely a week would go by that I wasn't destroyed in print by one of the critics. Now, I grant you, I was not good. I was just starting. I made tons of mistakes. So some of the criticism was deserved. But some of it wasn't fair.

"And when I came to New York, it was the same thing, the same bows and arrows. And it was only by staying on, and doing the job, and hanging in there that I finally got to the point where it stopped."

Lunden's "GMA" beginnings were personally difficult, although she instantly took to the show's rambling format ("We're very aware that many times we're the first people other people see as they're just waking up") and realized the position could do wonders for her career. She arrived on the early-morning horizon in 1980, replacing Sandy Hill.

Lunden was determined to succeed where Hill had failed. Viewers immediately accepted her sunnyside-up attitude and warm rapport with Hartman. They became the Cleavers to Jane Pauley and Bryant Gumbel's cranky Kramdens on NBC's "Today" show. Behind the cameras, however, things weren't so rosy. Hartman was making nearly $2 million a year. Lunden, technically his screen equal, was pulling in less than half that. And then there was the little thing about responsibilities.

"All the good interviews," she says wistfully, "went to David—no question about it. I wasn't even given a chance." Long before the Capital Cities ABC takeover dethroned Hartman, however, Lunden began elbowing into the men's club. Her motto: I'll show them.

The klieg light of legitimacy fell all around her shortly after an interview with the one of world's most brilliant men. "One of the best interviews I ever did was the one I did for my 'Mother's Day' program," says Lunden, weaving the tale. "For years, I wanted to interview [Henry] Kissinger on 'GMA'—part of my little fascination with people who are close to power. Well, I always wanted him and they never would give it to me. It was always David's interview—I would never even be considered for it.

"So anyway, we booked him on 'Mother's Day.' We sat him down and said, 'Look—we don't want to talk on some esoteric level. Let's just cut through it all.' I said, 'What do you tell your kids in real simple language'—and then I began listing—'about Nicaragua, about Iran. . . .'

"For the first time, the guy was so understandable! You learn so much when you just cut through the for-

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mality. That's why they have a hard time on some of the news shows, I think. I mean, God forbid that a hard-news reporter should ask a basic question. Well, anyway, I came off that Kissinger interview feeling sooooo good! And you know what?"

She pauses dramatically, breathless. "The word got back to 'GMA' about how well it went with Henry, and the next time he was on the show, when David was still there, I got to do him! And I must say, it was a very good interview."

• • •

Joan Lunden virtually birthed each of her children before TV cameras. Talk about embarrassing. . . .

"Believe me, I had horrible morning sickness through all of my pregnancies," she says, punctuating her revelations with peals of laughter. "There'd be mornings when the studio lights would pop, and the babies would jump. And with my last baby, which was a breech baby, I got lots of heavy-duty kicks, which would bring tears to my eyes. And there would be times with breast feeding where . . . well, it was obvious to the people in the studio that my baby was ready. I had plenty of so-called mommy experiences, only I had them while doing this very high-profile job. And I had to roll with the punches."

The chief blow was largely self-imposed, Lunden says. Soon after learning of her first pregnancy, Lunden began worrying she might not be allowed to continue her broadcasting career with a bloated tummy. Would her employers balk at the happy news?

"I was convinced that a family and a career were not mutually exclusive. And the producers were afraid too. But when I did stay on the air, and, in effect, have my kids, it had an interesting effect on my career. And usually, the opposite happens. For a woman in business to take time out and have a kid, well, it usually doesn't thrust you forward. But for me, it did. It broke the sound barrier. People loved it."

In the beginning, however, ABC executives weren't so sure. "I remember the first day I came back, and they held a news conference. I was taken aside by the PR director at the time and told, 'Now, Joan, underplay the mother stuff. They're going to see the dirty diapers, and the bottles, and will think you can't do important news issues.' So I walked out there, and that's all anyone wanted to talk about—motherhood! Everyone was talking about how I stuck to my guns and made ABC kind of buckle and give me these concessions so I could do both jobs at once. And the media liked that. And before the news conference was over, the same people who told me to play it down brought the baby out to me. All of a sudden, they realized humanity ain't so bad sometimes."

After years of watching choice interview subjects like Henry Kissinger go to her co-host, Joan finally got her chance—and a smashing interview.

"GMA" producers eventually realized that Lunden's pregnancies made their show a bit more humane, a bit more accessible. She became one of the first women in the history of the medium to discuss the trials and travails of expectant motherhood. After balking at first, "GMA" encouraged the discussion. Lunden did "mother-to-be" exercises and "mother-to-be" stories, and interviewed other "mothers-to-be." It was all very motherly.

Her daughters—Jamie (eight), Lindsay (five), and Sarah (one)—were all but adopted by millions of "GMA" viewers who felt, Lunden says, "that they were there for the pregnancies, for the experience of motherhood." The bond between her and her audience, she says, has been maintained to this day.

Lunden's high-visibility parental role has opened several doors for her. Along with "Mother's Day" comes "Mother's Minutes," a series of TV spots offering incisive solutions to child-rearing problems. She also hosts a video on parenting—"Your Newborn Baby—Everything You Need to Know"—which *TV Guide* recently named "one of the best instructional home-video programs ever produced." Then there's the nationally syndicated newspaper column "Parent's Notes."

Lunden's collaborator on all these projects is the independent producer Michael Krauss, whom you met early on back at the Westchester County home. At one time or another, Krauss has produced both "Good Morning America" and "Today." Krauss is "thrilled" about his wife's success, "thrilled" that they can intertwine their careers. He says he remains amazed that their family life is rooted in the public domain. "People are always shouting out, 'Hey! Congrats!' " he says. "At the supermarket three weeks ago, the owner looked at me and said, unsolicited, 'Hey, I know who you are. You're Michael Krauss. You're married to Joan Lunden, and you have three beautiful daughters.' We do, it seems, have this public image."

At the core of it all, of course, is Lunden herself, perceived by the public as one of those rare women who have it all. Erma Bombeck, on the back cover of Lunden's autobiography (*Good Morning, I'm Joan Lunden*) sums it all up in a well-expressed blurb: "She is a prototype for women of the '80s who want it all without sacrificing integrity and the importance of family."

Lunden credits her popularity to her honesty. "Michael always says people say to him, 'What's Joan really like?' And he says, 'What you see is what you get.' People at home feel at ease with me. I'm a cousin to them, or a buddy, or a person at work. You know, if viewers feel they have something in common with you—the same dirty diapers and joys and sorrows and concerns—then all of a sudden there's a closeness. I really think that's happened with me. I'm living proof that people care about family."

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BOOTY FOR A BADMAN

He had a beautiful woman and a fortune in gold with him when the outlaws made their move.

by Louis L'Amour

Illustrated by Fred Otnes

Part I

When my roan topped out on the ridge, the first thing I saw was that girl. She was far off, but a man riding lonesome country gets so he can pick out anything strange to it, and this girl was standing up straight beside the trail like she was waiting for a stage. Trouble was, nothing but riders or freight wagons used that trail, and seldom.

With 50 pounds of gold riding with me and three days ahead of me, I was skittish of folks. Most times wild country is less trouble than people, no matter how rough the country. And no woman had the right to be standing out there in that empty desert-mountain country.

We Sacketts began carrying rifles as soon as we stood tall enough to keep both ends off the ground.

When I was 14 I traveled from Cumberland Gap in Tennessee down to the Pine Log Mountains in Georgia, living on cougar meat and branch water, and I killed my own cougars.

Man-grown at 15, I hoofed it north and joined up with the Union and fought at Shiloh, and after our outfit was surrendered by a no-account colonel, I was among those exchanged to go north and fight the Sioux in Dakota.

At 19 I saddled our roan and fetched it for the West to try my hand at gold panning, but I wasn't making out. Seems like everybody in camp was showing color but me, and I was swallowing my belt notch by notch for lack of eating when those four men came to my fire.

Worst of it was, I couldn't offer them. There I was, booting up for a fresh day with my coffeepot on the fire so's people wouldn't know I hadn't even coffee, but all there was in the pot was water. I dearly wanted to offer them, but I was shamed to admit I was fresh out of coffee—three days out, actually. And so hungry that my stomach thought my throat had been cut.

"Tell," Squires suggested, "you've had no luck with mining, so nobody would suspect you of carrying gold. If you rode out of camp today, folks would take it for granted you had called it deep enough and quit. That way you could carry our gold to Hardyville and nobody the wiser."

The four men facing me had taken out the most dust and, knowing about the Coopers, they were worried men. Three of them were family men, and that gold meant schooling for their youngsters and homes for their wives and capital for themselves. They were poor, hard-working men, deserving what they had dug up.

Thing was, how to get it past the Coopers?

"We'll give you $100," Hodge said, "if you make it through."

With the best of luck it was a five-day ride, which figured out to $20 a day. With such a grubstake I could take out for California or come back with a grubstake.

My belly was as empty as my prospect hole, and it didn't seem like I had much choice. Coopers or no Coopers, it sized up like the fastest $100 I would ever make. It was Bill Squires done it for me, as we'd talked friendly ever since I staked claim on the creek.

Jim Hodge, Willy Mander, and Tom Padgett stood there waiting for me to speak up, and finally I said, "I'll do it, of course, and glad of the chance. Only, I am a stranger, and——"

"Squires swears by you," Padgett interrupted, "and even if we don't know you very well, he's known you and your family. If he says you are honest, that's all there is to it."

"And this is a chance to get you a stake," Squires interrupted. "What can you lose?"

Well, the last two men who rode out of camp with gold were found dead alongside the trail, shot down like you'd shoot a steer; one of them was Jack Walker, a man I'd known. Neither of them was carrying as much as I'd have.

"Take a pack horse," Squires sug-

"We'll take the gold," the outlaw said, "and the lady, too, sort of a bonus, like."

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gested, "load your gear." He glanced around and lowered his voice, "It seems like somebody here in camp informs the Coopers, but nobody will know about this but us, and all of us have a stake in it."

Later, when the others had gone, Squires said, "Hope you didn't mind my saying I'd known your family. They were willing to trust you if I did, but I wanted them to feel better."

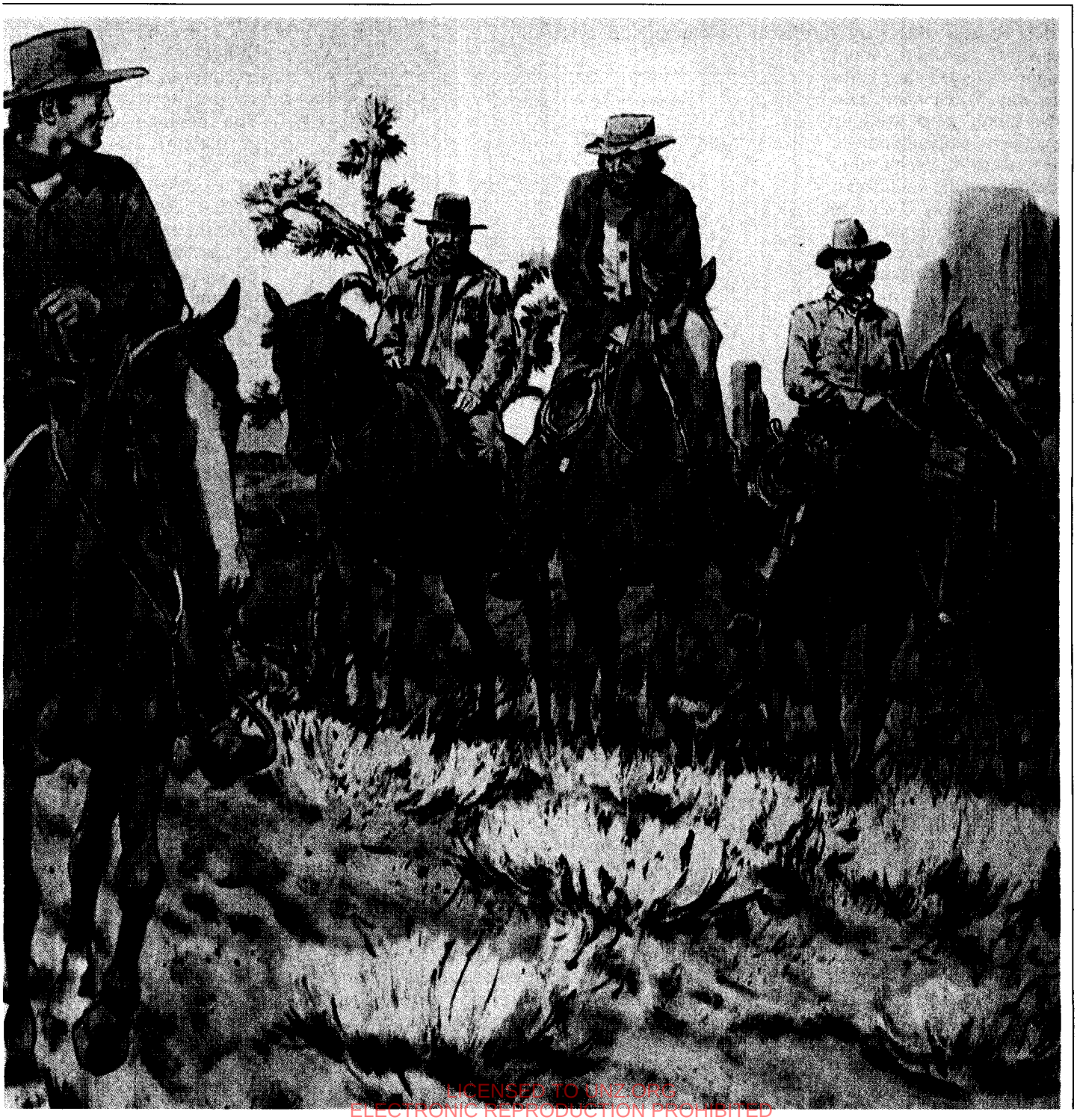
So I packed up and rode off, and in my saddlebags there was 50 pounds of gold, worth around $1,000 a pound at the time, and in my pocket I'd a note signed by all four men that I was to have $100 when the gold was delivered. Never had I seen that much cash money, and since the war I'd not had even $10 at one time.

Now, that woman standing down there sized up like trouble aplenty. Pa, he always warned us boys to fight shy of women. "They'll trouble you," pa said. "Love 'em and leave 'em, that's the way. Don't you get tangled up with no female woman. They got more tricks they can do than a monkey on 60 feet of grapevine."

"Don't believe that, Tell," ma would say. "You treat women right. You treat a woman like she was your sister, you hear?"

Pa, he would say, "There's two kinds of women, Tell, good and bad, and believe me, a good woman can cause a man more trouble than a bad one. You fight shy of them."

So I fought shy. Of mountain cats and bears, of muskrat and deer, even of horses and cows I knew a sight, but I wasn't up on womenfolk. Orrin



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now—he was my brother—he was a fiddler and a singer, and fiddlers and singers have a way with women. At home when strange womenfolk showed up, I'd taken to the hills.

Looked to me like I was fair trapped this time, but I wasn't about to turn and run. Any woman waiting in lonesome country was a woman in trouble. Only I begun to sweat. I'd never been close to no lone woman before.

• • •

Worst of it was, there was somebody on my trail. A man like me, riding somewhere, he doesn't only watch the trail ahead, he looks back. Folks get lost because when they start back over a trail they find it looks a sight different facing the other way. When a man travels he should keep sizing up the country, stopping time to time to study his back trail so he recognizes the landmarks.

Looking back, I'd seen dust hanging in the air. And that dust stayed there. It had to be somebody tracking me down, and it could mean it was the Coopers.

Right then I'd much rather have tangled with the Coopers than faced up to that woman down there, but that no-account roan was taking me right to her. Worst of it was, she was almighty pretty. There was a mite of sunburn on her cheekbones and nose, but despite that, she was a fine-looking girl.

"How do you do?" You'd of thought we were meeting on the streets of Nashville. "I wonder if you could give me a lift to Hardyville?"

My hat brim was down over my eyes, and I sized up the country around, but there was no sign of a horse she might have ridden, nor any sign of a cabin or camp.

"Why, I reckon so, ma'am." I got down from the saddle, thinking if trouble came I might have to fetch that big Colt in a hurry. "My packhorse is packing light, so I can rig that pack saddle so's you can ride it sidesaddle."

"I would be grateful," she said.

First off, it shaped like a trap. Somebody knowing I had gold might have this woman working with them, for it troubled me to guess how she came here. There were a sight of tracks on the ground, but all seemed to be hers. And then I noticed a thin trail of smoke from behind a rock.

"You have a fire?"

"It was quite cold last night."

When she caught my look, she smiled. "Yes, I was here all night." She looked directly at me from those big blue eyes. "And the night before."

"It ain't a likely spot."

She carried herself prim, but she was a bright, quick-to-see girl, and I cottoned to her. The clothes she wore were of fine, store-bought goods like some I'd seen folks wear in some of those northern cities I'd seen as a soldier. Where I came from it was homespun, or buckskin.

"I make money the old-fashioned way. I ask my grandparents for it."

"I suppose you wonder what I am doing here?"

"Well, now." I couldn't help grinning. "It did come to mind. Like I said, it ain't a likely spot."

"You shouldn't say 'ain't.' The word is 'isn't.' "

"Thank you, ma'am. I had no schooling, except what ma gave me, and I never learned to talk proper."

"Surely you can read and write?"

"No, ma'am, I surely can't."

"Why, that's awful! Everybody should be able to read. I don't know what I would have done these past months if I could not read. I believe I should have gone insane."

When the saddle was rigged, I helped her up. "Ma'am, I better warn you. There's trouble acoming, so's you'd better have it in mind. It may not be a good thing, me helping you this way. You may get into worse trouble."

We started off, and I looked over my shoulder at her. "Somebody is following after me. I figure it's them Cooper outlaws."

Worst of it was, I had lost time, and here it was coming up to night, and me with a strange girl on my hands. Pa told me women had devious ways of getting to a man, but I never figured one would set out alongside a lonely trail thataway. Especially one as pretty as she was.

Moreover, she was a lady. A body could see she was quality, and she rode there beside me, chin lifted and proud like she was riding the finest thoroughbred at a county fair, or whatever.

"You running from something, ma'am? Not to be disrespectful, ma'am, but out in the desert thisaway it ain't—isn't—just the place a body would expect to find a lady as pretty as you."

"Thank you." Her chin lifted a mite higher. "Yes, I am running away. I am leaving my husband. He is a thoughtless, inconsiderate brute, and he is an Army officer at Fort Whipple."

"He will be mighty sorry to lose you, ma'am. This here is a lonesome country. I don't carry envy for those soldier boys out here, I surely don't."

"Well! It certainly is not a place fit to bring an officer's bride. I'll declare! How could he think I could live in such a place? With a dirt floor, and all?"

"What did he say when you left?"

"He doesn't know it yet. I had been to Ehrenberg, and when we started back, I just couldn't stand the thought, so when no one was looking, I got out of the Army ambulance I was riding in. I am going to catch the steamer at Hardyville and go home."

• • •

When I looked to our back trail, no dust hung in the air, and I knew we were in trouble. If it had been soldiers looking for this girl, they would not have stopped so sudden-like, and it looked to me like they had headed us and laid a trap, so I swung up a draw, heading north instead of west, and slow to raise no dust.

It was a sandy wash, but a thin trail

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skirted the edge, made by deer or suchlike, and we held to it. When we had been riding for an hour, I saw dust in the air, hanging up there in a fair cloud about where I had come up to this lady. Again I turned at right angles, heading back the way I had come. Off to the north and west there was a square-topped mesa that was only a part of a long, comblike range.

"We are followed, ma'am," I said, "and those Coopers are mighty thoughtless folks. I got to keep you out of their hands. First off, we'll run. If that doesn't work, we'll talk or we'll fight, leaving it up to them. You hold with me, ma'am."

"Surely they wouldn't bother me," she said. "I am the wife of an Army officer."

"Most Western men are careful of womenfolk," I agreed, "but don't set no truck by being an officer's wife. The Coopers murdered two Army officers not a week ago. Murdered them, ma'am. They just don't care a mite who you may be. And a woman like you—they don't often see a woman pretty as you."

She rode up closer to me. "I am afraid I didn't realize."

"No, ma'am, most folks don't."

It was still the best part of two days to Hardyville, and nothing much there when we arrived. Hardyville was head of navigation on the Colorado, and last I'd seen there were only three or four buildings there, and about that many folks.

Nobody seemed to know how many Coopers there were, but the guesses ran all the way from five to nine. They were said to be renegades from down in the Cherokee nation and mighty mean.

We held to low ground, keeping off sky lines, finding a saddle here and there where we could cross over ridges without topping out where we could be seen. It was darkening by then, with long shadows reaching out, and when we came up the eastern flank of that mesa I'd headed for, we rode in deep shadow.

When we found a way around the butte, we took it, and the western slope was all red from the setting sun, and mighty pretty. The wind blew cool there, but I'd found what I was hunting—a place to hole up for the night.

A man hunting a night camp with somebody trailing him has to have things in mind. He wants a place he can get into and out of without skylining himself or showing up plain, and he also wants a place where he can build a fire that cannot be seen, and something to spread out the smoke. And here it was, and by the look of it many an Indian had seen the worth of it before this time.

The falloff from the mesa rim made a steep slope that fell away for maybe 500 feet. A man could ride a horse down that slope, but it would be sliding half the time on its rump. The wall of the mesa raised up sheer for some 300 feet, but there at the foot of that cliff and atop the slope was a hollow behind some rocks and brush.

"I like to be prepared for any difficulties I may encounter."

Maybe it was a half acre of ground with grass in the bottom and some scraggly cedars at one end. We rode down into that hollow, and I reached up and handed down the lady.

"Ma'am, we'll spend the night here. Talk low and don't let any metal strike metal or start any rock sliding."

"Are they that close?"

"I don't rightly know, ma'am, but we should hope for the best and expect the worst. Pa said that was the way to figure."

When the saddles were off, I climbed out on one of those big rock slabs to study the country. You've got to see country in more than one light to get the lay of it. Shadows tell a lot, and the clear air of early morning or late evening will show up things that are sun blurred by day. A man scouting country had best size it up of an evening, for shadows will tell him where low ground is, and he can spot the likely passes if only to avoid them.

Pa, who trapped with Bridger and Carson, never lost a chance of teaching us boys how to judge terrain, and the best time was at sundown or sunup with the shadows falling toward you.

When I finished my study, I came down off the rock and cleared a spot of needles and leaves under one of those cedars that sort of arched out toward us. My fire was about the size you could hold in your two hands, for the smaller the fire, the less smoke, and such a fire will heat up just as well if a man wants to cook. And rising up through the branches thataway the smoke would be thinned out so much it could not be seen.

"I'm from Tennessee," I said to her, "and my name is Tell Sackett."

"Oh—I am Christine Mallory, and I was born in Delaware."

"Howdy, Mrs. Mallory. Mostly, the Delawares a man meets out here are Indians. Good trackers and good fighting men."

When I dug out what grub I had, I was ashamed it was so little. It was a mite Squires staked me to before I taken out. The coffee was mostly ground bean and chicory, and all else I had was jerked venison and cold flour.

When the coffee was ready I filled my cup and passed it to her. "Mrs. Mallory, this isn't what you have been used to, but it's all we've got."

She tasted it, and if she hadn't been a lady I think she would have spit, but she swallowed it, and then drank some more. "It's hot," she said, and smiled at me, and I grinned back at her. Truth to tell, that was about all a body could say for it.

"You'd better try some of this jerked venison," I said. "If you hold it in your mouth awhile before you begin to chew, it tastes mighty whole-

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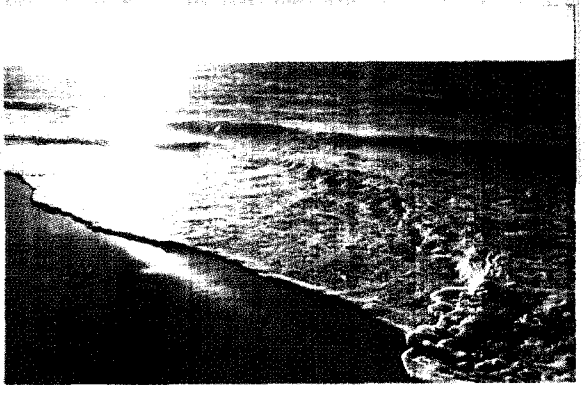

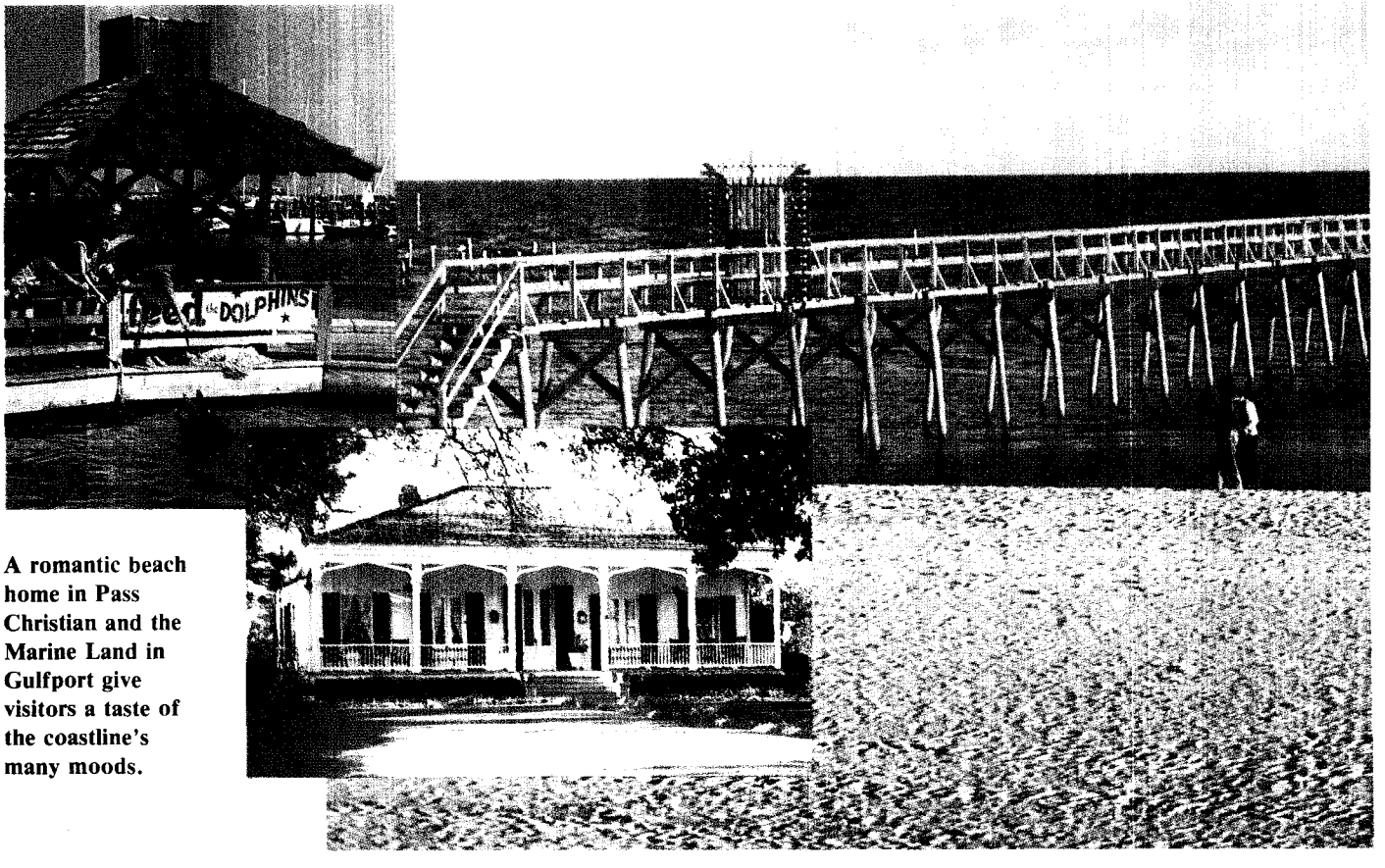

A romantic beach home in Pass Christian and the Marine Land in Gulfport give visitors a taste of the coastline's many moods.

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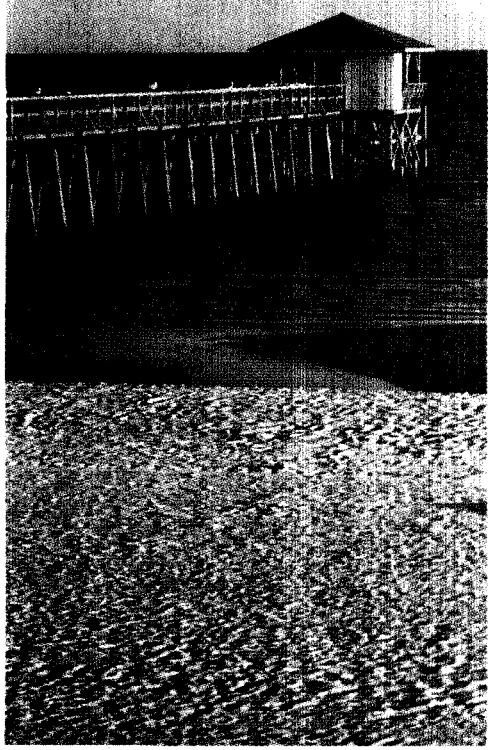
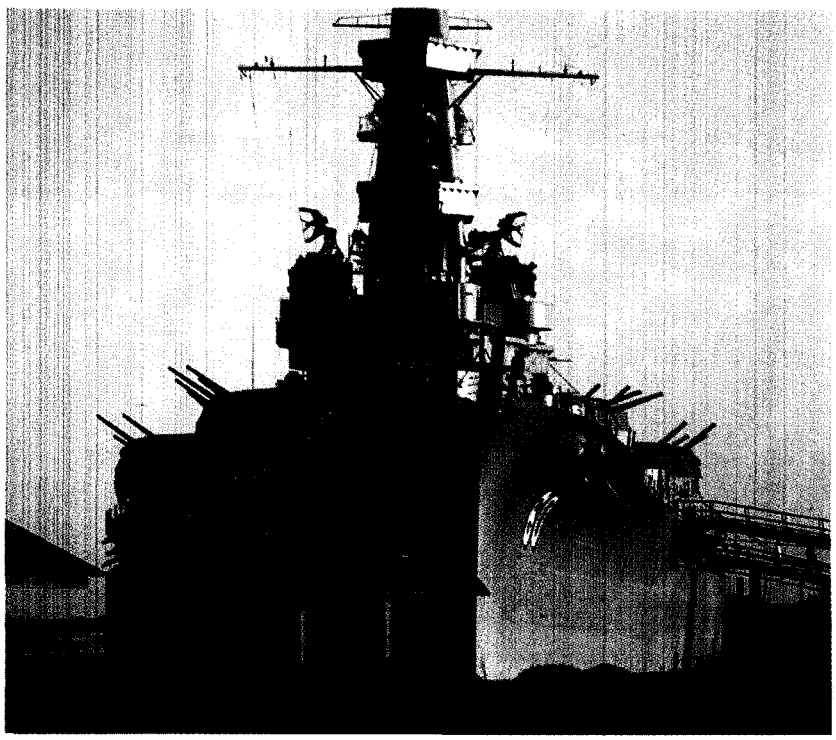
Docked at a pier in the small village of Pass Christian, these fishing boats look picture perfect.

The beaches of Mississippi and Alabama are perfect for walking and enjoying the beauty of it all.





The battleship U.S.S. *Alabama*, now a war memorial, creates an impressive sight for visitors to Mobile.

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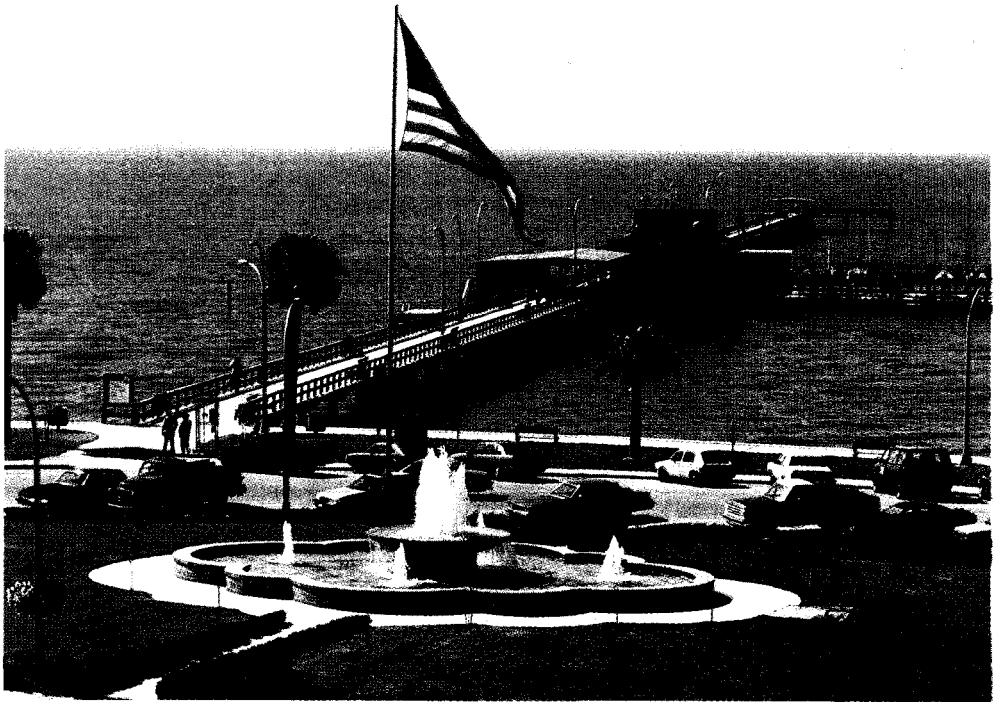
munities could be suited up, Pass Christian would be hoop skirts, Gulfport would be Izods, Biloxi would be bikinis, and Ocean Springs would be cut-offs and bare feet.

Beginning at the little fishing village of Pass Christian (pronounced Cris-ti-ANN), the 26-mile ribbon of Highway 90 quietly skirts a dazzling white beach scarcely marred by footprints. On the other side, miles of stately old homes stare out over hazy pinpricks of islands, just as they have for decades. What makes this beach drive different from most is that virtually nothing comes between the oak-studded highway and the ocean. "Folks around the country don't know much about us down here in Pass Christian," drawls a local fisherman standing beside shrimp boats that look posed for a travel ad. "And we don't much want them to."

In the larger towns of Gulfport and Biloxi, where commerce intrudes upon Old South ambience, you might see a miniature golf course with Day-Glo dinosaurs alongside an antebellum mansion dripping magnolias. Such juxtapositions give the Mississippi coast a sort of devil-may-care rakishness, like a grande dame who mixes rhinestones with her diamonds and dyes her hair orange.

Coast people are just as colorful. Over the centuries, Yugoslavs, Cajuns, Italians, and, lately, Vietnamese have drifted in to make their contributions to the fishing industry and the area's traditions. Influenced by nearby New Orleans, whose residents have traditionally kept weekend homes here, they love uninhibited festivals and celebrate their own Mardi Gras; their huge floating party, the "Blessing of the Fleet," is legendary.

Offshore 12 to 16 miles are barrier islands of wild, unspoiled beauty, accessible only by boat. Here the locals go when seeking clear blue-green surf; waters off the mainland are murky with river silt. Ship Island, the site of historic Fort Massachusetts, is developed somewhat for day-trippers, and Horn and Petit Bois are wildlife sanctuaries unchanged since those old buccaneer days.



The elegant lobby (above) of the gracious Grand Hotel in Point Clear; visitors can stroll around a sparkling fountain in nearby Fairhope.

Alabama's Eastern Shore

A short jog from the slash of Interstate 10 lies a necklace of secluded hamlets strung along Mobile Bay's wooded shoreline like a treasured family heirloom. Alabama's Eastern Shore has been a summer retreat for Southern gentry since the mid-1800s. In the old days they spent the season at the gracious Grand Hotel in Point Clear or at their own grand "cottages."

The slow turn of the generations gradually changed the faces but only mildly touched the tranquil setting. The Grand Hotel, now a lush 550-acre resort owned by Marriott, still prides itself on elegant amenities and personal service. Those handsome "cottages" still stand shaded by longleaf pines and moss-covered oaks, their piers jutting out into Mobile Bay like the tines of forks lined up on a sideboard.

The area is also known for the "jubilee," a peculiar, unpredictable phenomenon that causes hundreds of sea creatures to beach themselves, evidently longing for Eastern Shore cooking pots. Their wishes are accommodated by seafood gastronomes, who scoop up the creatures by the basketful. More predictable is the restaurant fare, especially eclectic in nearby Fairhope, a bohemian enclave full of artists and writers, colorful floral baskets, and a fetching assort-

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ment of crafts and antique shops.

Gulf Shores

Beyond Point Clear, Highway 98 curves through pecan orchards and bean fields toward Gulf Shores and wide white beaches that rival any in the world. Once an old-time, ramshackle beach community, Gulf Shores went concrete high-rise and cedar chic after a devastating 1979 hurricane.

Once Gulf Shores' only entertainment consisted of a few honky-tonks and oyster bars; now there are classy nightspots, brand-new hotels, and an unusually fine cuisine scene.

Despite the new makeup on its weather-beaten face, Gulf Shores' mystique is little changed. People still cross the bridge to "Pleasure Island" to play and forget their troubles. The locals have refined the art of laying back to its highest form, and a simple beach-and-boat life turns to honky-tonking once the sun goes down.

Perched on stilts in the bayous off the Intracoastal Waterway, tiny fishing camps are passed on through families from generation to generation, and little marina-bars welcome a local clientele. Bon Secour Wildlife Refuge, Gulf State Park, and historic Fort Morgan will always protect their windswept sand dunes against encroachment.

On 14-mile-long Dauphin Island, reached by a grand and gusty ferry ride from Fort Morgan or over a long causeway from Mobile, the islanders scorn "big-city" Gulf Shores and swear their tiny paradise will never go commercial. This peaceful, unspoiled isle, a true hideaway without a single hotel, distills to its essence the slow and easy spirit of the entire Deep South Gulf Coast.

In this neck of the woods, as they say around here, the locals take each day as it comes, and tomorrow will be the same but maybe a little different. All you really need anyway is a swimsuit, suntan oil, and, if energetic, a fishing pole.

FLORIDA'S SECRET HIDEAWAYS

Even for flocks of travelers who head to the Sunshine State each year as regularly as birds head south for the winter, Florida still holds some surprises. Most of them are in that limbo-land called the Panhandle. Chopped off Alabama, this narrow slice of the Old South is so far removed from Walt Disney World and glitzy southern Florida that it's often labeled the "forgotten" Florida or the state's "Last Frontier."

One long, narrow barrier island deserves that name. Much of Santa Rosa, protected by the Gulf Islands National Seashore, is still splendidly isolated from the usual crush of condos, cottages, beach bars, and bodies. West of Pensacola Beach lie Fort Pickens and its campsites, nature trails over massive sand dunes, fishing pier, museum, and daily schedule of activities planned by the park rangers. In the other direction, Navarre Beach epitomizes untrammeled nature at her best. Only a tiny motel and a couple of seasonal seafood restaurants coexist with nearby park facilities.

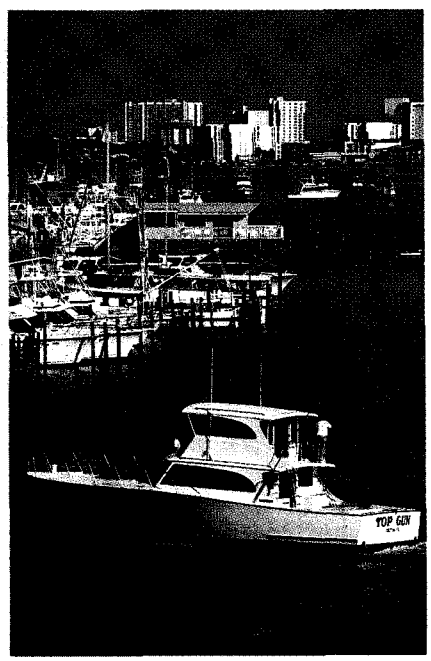
But such unspoiled beaches are rare in the world. Around Fort Walton Beach and Destin, brochures brag about "The Emerald Coast" and its "sugar-white quartz sand" while ignoring the rows of identical cottages and high-rise condos that wall everyone but their owners off from that emerald water and white quartz sand.

So it is particularly nice to find such places as Seaside and Bluewater Bay, two resort-residential communities designed to harmonize with their settings rather than dominate them.

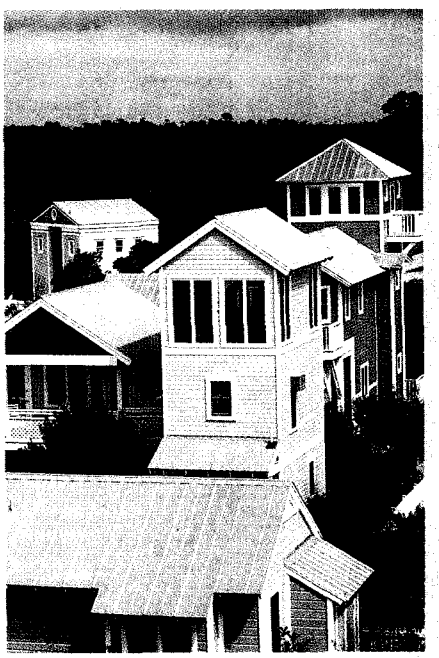
An architectural tour de force, Seaside is a surprising anachronism rising out of the scrub on County Road 30-A; it looks for all the world like an idealized and modernized version of a Victorian seaside village. Painted in luscious ice-cream colors, houses are garnished with porches, picket fences, stained glass, gazebos, widow's walks, tin roofs, gingerbread trim, hammocks, rocking chairs—all the sociable accouterments belonging to another day. Elegant pavilions designed on classical lines stand on tall dunes overlooking that fabled emerald water.

Bluewater Bay sprawls deep in back-bayou country near Niceville and Eglin AFB. The secluded 1,500 acres hold championship tennis and golf facilities, a beach and a full-service marina on the Intracoastal Waterway, and hundreds of houses hidden in lush vegetation and tall pines.

Both resorts have earned architectural and environmental plaudits for proving it possible, and even good business, for man to live in the midst of beauty without spoiling it.



Travel brochures brag about "The Emerald Coast" and its "sugar-white quartz sand" of Destin, Florida.



Victorian homes in Seaside, complete with porches and picket fences, enhance the beauty of the coast.

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MONEY TALK

ANSWERING YOUR FINANCIAL QUESTIONS

by Venita VanCaspel

Q. I turned 70 in March. When do I have to begin taking payments from my IRA?

A. You must begin taking payments by April 1, 1989. The penalty for taking out too small an amount is a 50 percent excise tax on what you should have withdrawn but didn't withdraw. For example, if you should have withdrawn $1,000 and only withdrew $500, you would owe an excise tax of $250. This tax is not deductible from your personal taxable income.

Q. Has the stock-market crash caused you to cease recommending stocks to your clients who are saving for such things as future-college-education funds or retirement funds?

A. No, quite the contrary. We are now easing money into equities gradually. To put the "crash" into perspective, let's say you had invested $10,000 in a fund in 1981 managed by John Templeton, a money manager for whom I have the highest respect, and you had valued your shares *post-crash* on November 30, 1987. Your $10,000 investment would have had a value of $24,866. (True, if you had been smart enough to have cashed out September 30, your value would have been $32,832, so technically you "lost" $7,966.) However, looking at the six-year period, your investment increased by around 149 percent, for a simple average gain of about 24 percent per year. Perhaps the "crash" wasn't so bad for long-term investors after all.

Q. I have $50,000 that should be invested for future need, but I'm not sure whether it is the right time. What would you suggest I do?

"I'd like to apply for a loan-improvement loan."

A. Since I do not have a crystal ball as to whether or not we have passed the low in the stock market, I would recommend that you "dollar-cost-average" into the market by choosing a family of funds that includes a good quality growth fund. Then begin investing $5,000 the first of each month, regardless of whether the market is going up, down, or sideways, and do this for ten months under a $50,000 Letter of Intent so you'll receive the $50,000 discount on all your purchases. This guarantees that you will always buy more shares at a lower cost than at a higher cost and receive an average cost for your shares. So long as the market eventually goes up—it doesn't have to go up very much—you will come out ahead. Will the market go up? In the past it always has. We, of course, do not know the future.

Q. I have certificates of deposit at four different savings and loans that pay different rates of interest. I will be 70½ this year, so I will have to start my withdrawals by April 1, 1989. I would like to take my withdrawal from the certificates paying the lowest rate of interest, but I am told that I have to take an equal amount from each. Is this true?

A. I am sorry to have to tell you it is. IRS regulations mandate that, beginning this year, IRA distributions must be taken proportionately from each of your IRAs.

Q. My IRA is at a brokerage house and is invested in a large number of stocks and bonds. When the time comes to start withdrawing, do I figure the average value over the year? If so, this would be rather tedious to do.

A. It will not be necessary to make this calculation. Your required withdrawal is based on the value of your account on December 31, so you should have no difficulty determining how much you must withdraw.

Q. How much life insurance should I carry to protect my nonworking wife and three children?

A. Take 70 to 75 percent of your current expenditures. This is the amount your family would probably still need in your absence. You could then deduct the amount Social Security would pay if you are covered by Social Security. If not, take your current income less 25 percent and divide the annual income needed by either 6 or 7 percent. This is a conservative estimate of the amount of capital your family would need to invest to receive this annual income. Now subtract your income-producing assets. The

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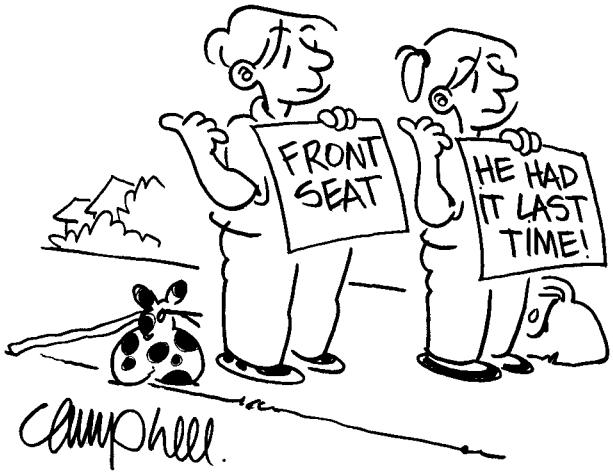
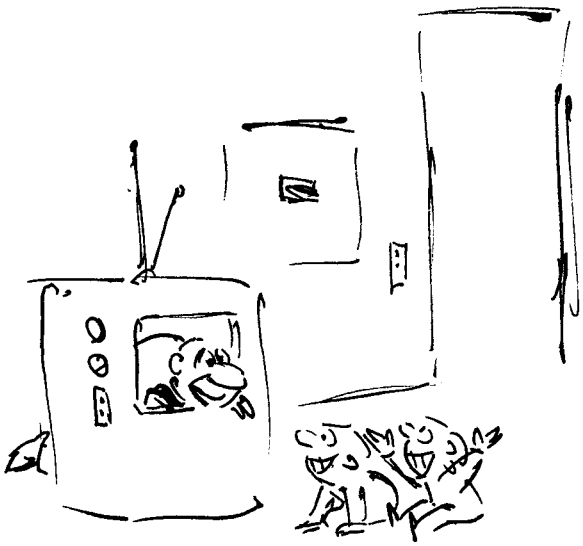
"No, Ed doesn't play; he bought them from neighbor kids that couldn't play either!"



CHILD PSYCHOLOGY

"My folks won't let me have any toy guns, but maybe we could work out some kind of secret arms deal."



"Ralph is very good with the children."

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Villas by the sea—17 acres of windswept oaks and natural landscaping; one-, two-, or three-bedroom villas featuring living-dining area, kitchen, and private deck or patio. Circle ...**36**

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Sea Pines Plantation, Hilton Head Island, SC—Internationally famous golf, tennis, Harbour Town, bike paths, beach, fresh and saltwater fishing, boating, shopping, and restaurants within 5,000 semitropical acres. Rental villas. Circle **38**

Indigo Inn—Charleston, SC. Experience 18th-century décor, first-class amenities, and a gracious staff providing true Southern hospitality at our historic-district inn. Tariffs include: hunt breakfast, parking, and newspapers. Circle **39**

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North Carolina's Brunswick County—47 miles of naturally preserved beaches, 15 championship golf courses, a wealth of history, and the finest fishing on the East Coast. Circle **42**

Savannah, GA—the nation's largest national urban-landmark historic district and **Georgia**'s mother city. Vacation-planning brochures offer beach, city, and inn accommodations, and restaurants, sightseeing, and recreation maps. Circle **43**

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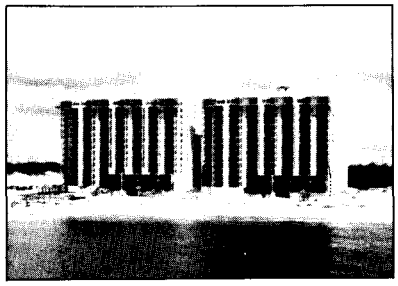

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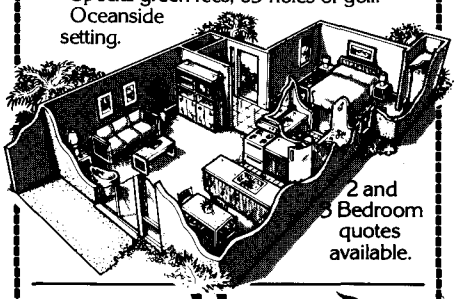

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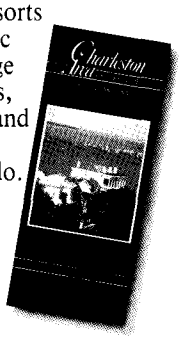

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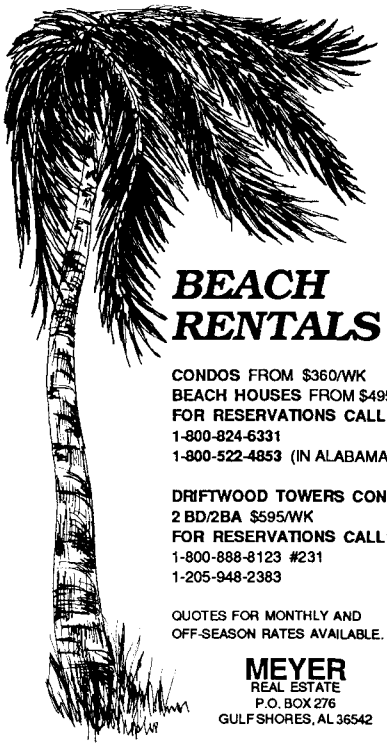

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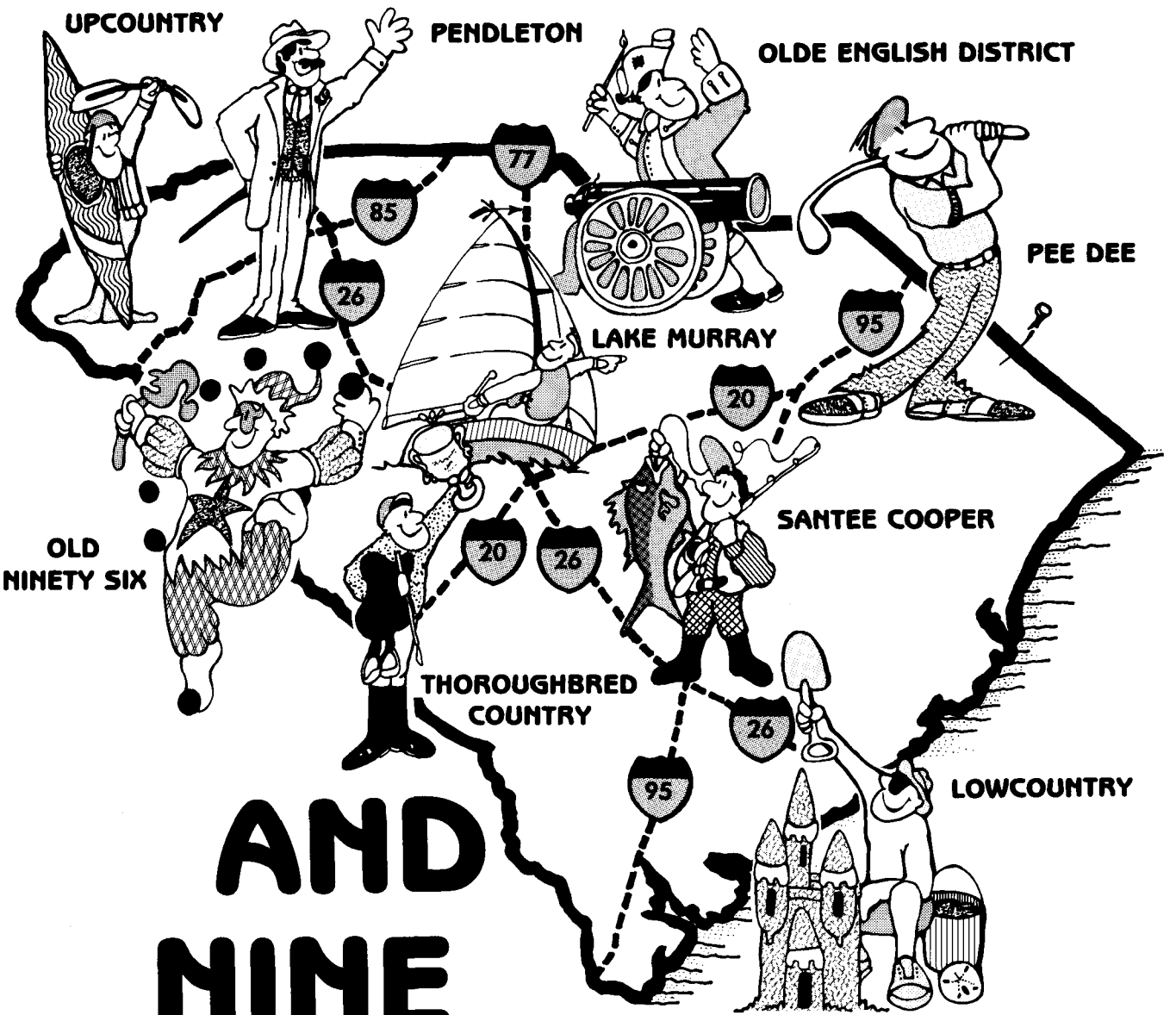

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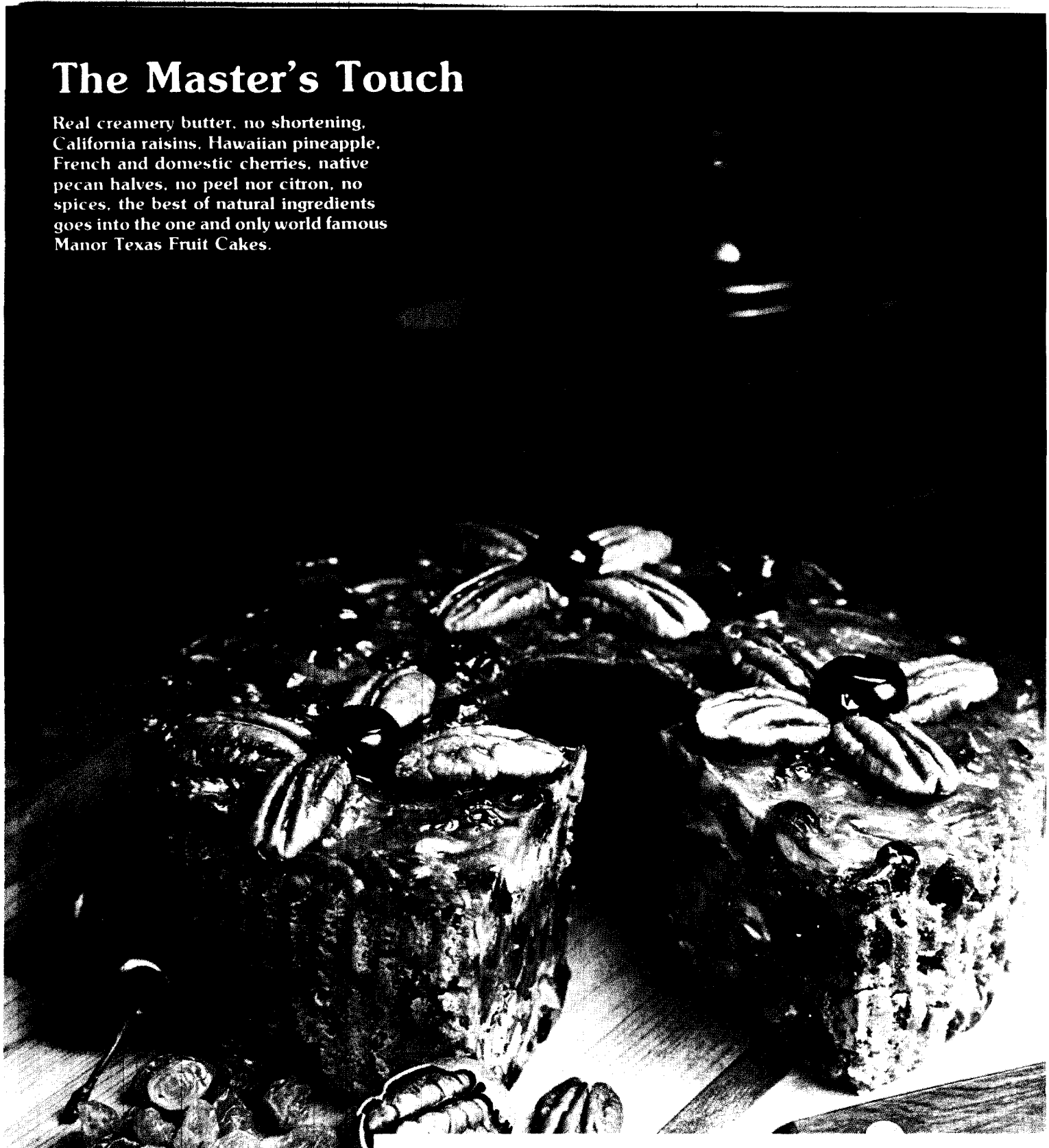

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FOOD

CELEBRATING CHICKEN

by Pat Perry

Weary of winging it when faced with the mealtime frustration of I-need-a-new-way-to-fix-chicken syndrome? Don't get ruffled. Get ready. This international collection of chicken recipes will help lighten the better-chicken blues.

Arroz con Pollo is the Spanish name for rice with chicken. In Spain, the rice is first cooked with chicken and vegetables and then seasoned with saffron. Coq au Vin, chicken in wine, is continental cuisine at its most elegant. Chinese Lemon Chicken is a delicious import courtesy of the Far East. Spice up any occasion by presenting Chicken Cacciatore. Guests are sure to ask for more, per favore. Enjoy these international favorites. You will expand your culinary skills while feasting on extraordinary chicken creations.

Chinese Lemon Chicken

(Makes 6 servings)

2 tablespoons Mrs. Dash salt-free 14-herb-and-spice blend
2 tablespoons Mrs. Dash salt-free steak sauce
3 tablespoons dry sherry
3 tablespoons sesame oil
2 egg whites, slightly beaten
6 skinned and boned chicken breasts, cut in halves
Vegetable oil for deep frying
2 tablespoons unsalted margarine
½ cup sliced green onions with tops
3 cups thin pared carrot sticks
2 tablespoons unsalted margarine
1 tablespoon cornstarch
1 cup skim milk
3 tablespoons lemon juice

To prepare chicken, combine Mrs. Dash seasoning, steak sauce, sherry, sesame oil, and egg whites in shallow bowl. Coat chicken; dip twice. Refrigerate 30 minutes. Heat vegetable oil to 360° F. and fry coated chicken, a layer at a time, in hot oil 2½-3 minutes. If desired, drain on paper towels.

Heat 2 tablespoons margarine in skillet and cook onion until soft; add carrots and cook until crisp-tender.

To make sauce, heat 2 tablespoons margarine in small saucepan and mix in cornstarch. Remove from heat. Add skim milk gradually; stir until smooth. Bring to boil, stirring constantly, and boil 2 minutes. Remove from heat and stir in lemon juice. Pour sauce over chicken and serve with vegetables.

Arroz con Pollo

(Makes 4-6 servings)

1 3½-pound broiler-fryer, cut up
1 teaspoon salt, if desired
⅛ teaspoon pepper
⅛ teaspoon paprika
¼ cup olive oil
1 cup sliced mushrooms
1 medium onion, chopped
1 large clove garlic, minced
3½ cups chicken broth
1 can (28 oz.) tomatoes, chopped
½ teaspoon crushed oregano leaves
¼ teaspoon crushed saffron
1 bay leaf
2 cups raw regular long-grain rice
1 package (10 oz.) frozen peas
¼ cup pimento strips

Season chicken with salt, pepper, and paprika. In 5-quart Dutch oven over medium-high heat, in hot oil, cook chicken pieces, a few at a time, until browned on all sides; set aside. Over medium heat, in hot drippings, cook mushrooms, onion, and garlic until onion is tender; stir occasionally. Stir in broth, tomatoes, oregano, saffron, and bay leaf; heat to boiling. Add rice and chicken. Reduce heat to low. Cover; simmer 30 minutes or until chicken is almost fork-tender. Add peas and pimento; cook 15 minutes more or until chicken is fork-tender. Discard bay leaf.

Coq au Vin

(Makes 6-8 servings)

2 1½- to 2-pound chickens
¼ cup flour
1 tablespoon Season-All
½ teaspoon paprika
¼ teaspoon black pepper
⅛ teaspoon nutmeg
½ cup unsalted margarine
¼ cup cognac or other brandy
12 small white onions
12 small whole mushrooms or 8-ounce can mushrooms
½ teaspoon rosemary leaves
¼ teaspoon thyme leaves
⅛ teaspoon garlic powder
1 teaspoon parsley flakes
1 cup dry red wine

Cut chicken in pieces; dredge with mixture of flour, Season-All, paprika, pepper, and nutmeg. Brown slowly in hot butter. Without removing from heat, pour cognac over chicken; light immediately and flame. Add whole onions, mushrooms, remaining seasonings, and wine. Cover and simmer 1 hour or until chicken is tender. May be cooked ahead of time and reheated. May also be frozen and reheated.

Chicken Cacciatore

(Makes 4 servings)

1 3-pound frying chicken
¼ cup flour
½ cup olive oil
2 tablespoons instant minced onion
2 tablespoons bell-pepper flakes
⅛ teaspoon instant minced garlic
⅛ teaspoon allspice
1 tablespoon Season-All
¼ teaspoon black pepper
1 teaspoon Italian seasoning
¼ teaspoon crushed red pepper
3½ cups tomatoes (28-oz. can)
½ cup white wine or water

Cut chicken in pieces. Dredge with flour; brown in oil until golden on all sides. Drain off oil. Add seasonings, tomatoes, and wine or water; cover and simmer slowly 45 minutes or until chicken is tender. Makes a superb meal when served with toasted Italian bread and crisp tossed salad.

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The Boy

continued from page 45

a duck takes to water!"

"Like a camel takes to quicksand."

"He went from the 'C' band to the Ten Square Band in two years flat!" said Helmholtz. "When I had him, he always had his lessons beautifully prepared."

Fink was silent.

"Well?" said Helmholtz.

"I hate to——" Fink stopped. He cleared his throat. "George," he said, with mighty reluctance, "I hate to think of what it cost him to do it."

"Cost him?" said Helmholtz.

"Buckets of blood is all I can think of," said Fink. "He didn't have a second or an ounce of energy left over for anything else—not even that pretty little Charlotte, who waits outside while he takes his lesson."

Helmholtz's flesh crept. He didn't have to ask why Bert had traded buckets of blood for music. He knew. Bert had done it to please him.

"See you around," said Helmholtz, and he hung up.

From the rehearsal room outside Helmholtz's office came the cracks and slams of folding chairs being set up for the Ten Square Band. He was going to have to face Bert again, and he didn't know how to do it.

There was a faint knock on Helmholtz's door, and Helmholtz's conscience made him jump. "Yes?"

The door opened, and there stood young Charlotte—a little woman in mint condition.

"Mr. Helmholtz," she said, "I haven't got any class this next hour. Can I watch the band?"

"Glad to have you."

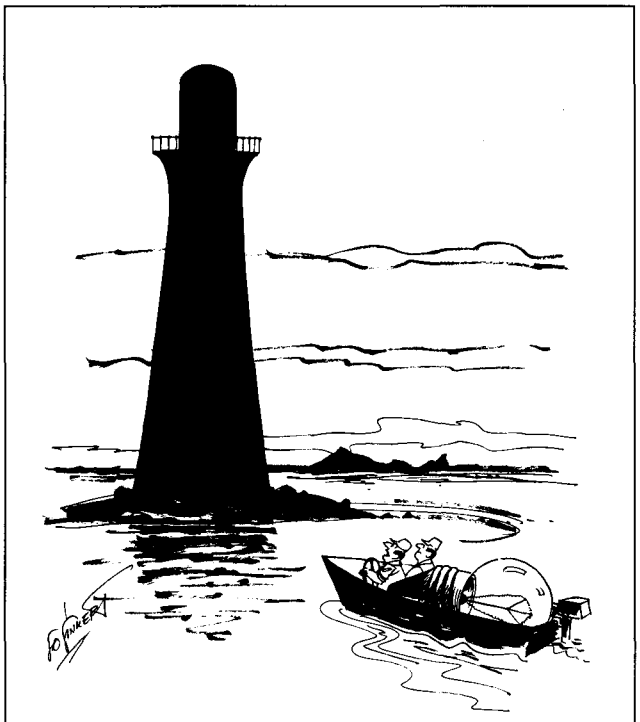
He went into the rehearsal room with her, and showed her where she could sit. He was so rattled about Bert that he thought nothing of it when he saw bandsmen measuring and cutting lenghts of silver ribbon from two great spools of the stuff. Other bandsmen stretched out the lengths on the floor, over newspapers by the wall, and spattered them with aluminum paint.

And then Bert came in. A wave of embarrassment swept over Helmholtz as he smiled glassily at the boy he'd won, the boy whose life he'd made a hell. Bert smiled back in grateful surprise and took his seat in the trumpet section.

"Hi, Bert," said Charlotte, brightly.

"Hi. How are you?" said Bert, not looking at her.

Helmholtz and Charlotte sighed at the same time. Helmholtz was thinking about the thousand other boys he'd been close to, trying to remember in detail how they'd behaved toward him. He could remember only that they'd all grown up. They'd gone away. They were always going away.



"This must be the place!"

The bandsmen were all in their chairs now. Helmholtz banged his baton against his music stand. "Let's start off with 'Lincoln's Foes Shall Wail Tonight,' " he said. "Everybody hear that? *Fortissimo. Con brio.* A-one, a-two, a-three, a-four!"

When the band played Helmholtz didn't sing. He forced himself to think of Bert as a boy he was to keep for a son, a boy he was to watch with special pride, a boy never to lose sight of, a boy of boys.

He screened out the rest of the band, and listened to Bert's trumpet alone. Bert was playing sloppily. At one point, Bert quit playing altogether, and looked around himself irritably.

For the second half of the hour, the band formed its famous ten square in the parking lot next to the rehearsal room.

Charlotte followed the band outside, and made herself inconspicuous.

"Shouldn't we get the ribbon and reels?" said the drum major to Helmholtz. "We've got it all cut up, and the paint dried right away. I just tested it."

"That's all off," said Helmholtz, his eyes on Bert. "I promised Haley we'd send it all back for credit."

"Chopped up in fifty-foot lengths?" said the drum major. "Spattered with aluminum paint? You think they'll take it back?"

"All that's happened to the ribbon?" said Helmholtz.

"You told us to do it yesterday," said the drum major.

Helmholtz closed his eyes, and bit the back of his hand until the feeling of mild panic pased. "An honest misunderstanding," he said. "Go get it."

And while the wire-laying reels on the pack frames were being strapped to the backs of men in the rear rank, and lengths of ribbon were being wound on the reels, Helmholtz worked his way between ranks to Bert.

Helmholtz had to squeeze his bulk past many boys he cared about just as much. "Excuse me, Stanley," he said. "Wupps—sorry, Knox. I didn't break that reed, did I? . . . Bud, Robert . . . Wupps." He came to Bert. "Here's the young man I want to see!"

Heads turned curiously. Helmholtz had never waded into ranks before.

"How's it going with you, Bert?" said Helmholtz heartily.

Bert was startled. "All right, I guess."

"Sure glad to hear it," said Helmholtz. "Gee—I think and worry about you a lot. You'd be surprised."

"Huh," said Bert, increasingly restive.

"Yes—sir—ree," said Helmholtz. "After I took you home last night, I said to my wife, 'Fern—we ought to

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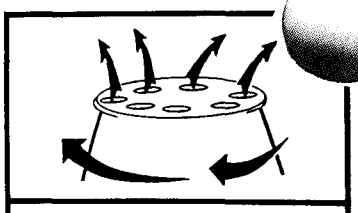

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have that boy to supper sometime.' "

The bandsmen looked away, pretending to notice nothing.

"And I sat up half the night, trying to figure out what to do about your marching problem," said Helmholtz. The fulsome talk was making him squeamish. He hoped to God it was making Bert strong and happy.

"Gee, that's sure nice of you," said Bert. He had a hunted look.

Helmholtz called to the drum major, "Lop off about a yard of that ribbon, and pass it on in."

The yard of ribbon went from hand to hand, over many heads, to Helmholtz.

Mistrustfully, Bert watched it come. So did the rest of the band.

"Here we are," said Helmholtz. He looped one end of the ribbon around Bert's belt. "Now," he said, turning to the boy in front of Bert, "Hal, if you don't mind, I'm going to tie this other end to you. Then as long as Bert keeps his ribbon taut, his interval is bound to be perfect."

Gadgetry fascinated Helmholtz. He lapsed into a daydream of tying together the whole C band, the worst band in school.

Suddenly, Helmholtz sensed that something in the present wasn't quite right. As he started to tie the ribbon to Hal, he realized that Bert was no longer on the other end.

There was a boom like a cannon shot.

"There goes Bert," said the drum major, "slamming the rehearsal room door."

Helmholtz finally overtook Bert in the echoing vacancy of the band-rehearsal room. Bert was emptying his locker noisily, vengefully. Charlotte stood nearby, her blue eyes wide with pity and respect.

Bert faced Helmholtz with dread and fascination.

"Hi," said Helmholtz anxiously. "Going somewhere?"

"Why'd you have to do that to me?" said Bert in a choking voice. "How d'ya think that made me feel?"

"I just wanted to help, Bert," he said.

"Help?" said Bert, close to tears. "You helped me right out of the band. How can I ever face those guys again?"

"I—I don't know what to say, Bert," said Helmholtz wretchedly. "I don't seem to be able to do anything right these days. I got so interested in that stupid ribbon, I just lost sight of everything else."

"I can't go back," said Bert. He teetered between childhood and manhood. "Can't go back." His eyes went soft, like the eyes of a cold, wet spaniel. "It's all over."

"They're a pretty broad-minded bunch," said Helmholtz. "I don't think they'll say anything. They'll forget it."

"Hard-hitting sermon, pastor."

Even if they do," said Bert, "I won't." Childhood had become insufferable.

Bert offered his hand to Helmholtz slowly, and he kept his eyes down. "Good-bye, Mr. Helmholtz."

There was nothing final about the goodbye. It was a helpless, pleading good-bye, that begged for everything to start over again, to be just like the good old days.

Helmholtz hesitated, afraid of what he was and what he did. He glanced at the audience, Charlotte, feeling naked. He was amazed to find her radiant with perfect understanding.

Drawing strength from her, Helmholtz grabbed Bert's hand and shook it hard. "Good-bye, Bert," he said. "Maybe it's for the best. Maybe you'll find better things to do with your time—things closer to your talents, things that are more fun for you."

He let go of Bert's limp hand. It hurt. It always hurt. Bert looked down at his hand in shock. Now he really was all alone.

He was alone for about ten seconds.

"Let's get out of here, Charlotte," said Bert, as though they had come in together, and had never been far apart. "Thanks for everything, Mr. Helmholtz." There was everything in the thanks—irony, gratitude, frustration, and heaven knows what else.

"You're welcome," said Helmholtz.

Bert left, with Charlotte on his arm. His back was straight, his shoulders were back, his gut was in, and his eyes weren't very clear.

Helmholtz went back to his band—ten square, less one. Bert's face was already fading into the ranks of the manly—come and gone.

"Gentlemen," said Helmholtz to his band, "you are, to the best of my knowledge, the first band equipped to write in longhand. The ribbon is our ink. It will glow in the dark and twinkle in the sunlight. When we come out on the gridiron at the Westfield game, the first word we're going to write is 'hello.' "

It was always the next word after good-bye.

"Shall we see how it works?" said Helmholtz. "Band—'ten-*hut*!"

From a window three stories above, a small freshman, green around the gills, without a shred of confidence, watched and wondered and adored, and played with the catches on his trumpet case.

What's-Her-Name

continued from page 57

inclined to let me. And when the key collection I had brought from home failed to work, he finally forced a metal bar down alongside the window and by joggling the door handle, presto, open it came.

I showed up at his place of business the next day because the door would no longer lock. Removing the inside panel of the door and putting a thingamabob back on the doohickey came to $24.10.

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Although Ms. Loftus points out that we are able to call up events, names, and places from the past because they are stored in our mental desk drawers or files, she fails to footnote the fact that these drawers often become stuck from years of neglect.

Only last week, for example—no, it must have been two weeks ago—I left the car running while I dashed into the mall supermarket for a bottle of spray ketchup. Remember Richard Amour's famous couplet: "Shake and shake the ketchup bottle/None will come and then a lottle"? The new spray bottle would put an end to that problem. So I was wandering around through the canyons of canned goods, trying to remember what it was I had come in for, when there she was!—the girl I had been engaged to before the girl I eventually married got lucky. I mean, I had bought this woman a ring, I had obtained her parents' blessing, she had taken a vow of poverty, the whole bit. And having not seen her since I can't remember when, I of course wanted to show her what she had missed by ditching me, still macho after these however many years, for a guy whose mucho money had probably turned him into a pillar of flab. There was only one hangup—what the heck was her name?

I'd telephoned that woman a thousand times, written her five hundred notes of sweet nothings, carved our initials on half a dozen trees. Ms. Loftus says we remember something from the past by relying on clues: a sight, a smell, a word. What *were* those initials? Mine were MS—I remember that. Hers were different. BL? No, that's the symbol for some stock I own. KP? No, I remember that all too well.

Maybe I could get a clue by sneaking over to the cosmetic section. She used to wear perfume that attracted hummingbirds from three blocks away. I tried so many free samples I was beginning to smell like an Avon lady in an elevator when I finally gave up and wafted over to the hand-lotion section. No good. Nor did the lipstick counter revive any memories. Instead of lipstick, as I recalled, she used the clever ruse of chewing on cinnamon candies. Nor did the detergent section help. Passing the rutabaga bin, however, I was reminded of her kid brother, the shape of his head. His name was Billy. No, Phillip. Or was it Willie? No matter, I had the desk drawer partway open. Her name should be somewhere near the top.

Frieda? That didn't sound quite right. Lisa? Worse. Maybe a closer look would help. Maybe if I slipped down the cereal gully and headed for that fortress of Idaho baking potatoes, I could be broadsided by a woman pushing a loaded cart with a faulty left wheel. Which I did. By the time I had righted myself and helped her pick up a quart of blueberries, my quarry had already arrived at the checkout lane.

"R. Hallawell . . . a party of one."

Maybe I could fake it. Maybe get a cart and ram it into the back of her legs and then say something clever, like "Imagine running into you!" Then again, maybe not. She would of course remember my name with no trouble, leaving me to flounder until she took me off the hook. With what? Sara? Lydia? Frieda?—no, I tried that; but it's close.

As she was leaving the market, I could no longer resist. Chances of seeing her again sometime in the next 30 years, or however long it was, were remote. Putting my hand on her shoulder, I said, "Well, hello there, how are you?"

Wheeling around, she stared me up and down and, with frost forming on the tip of her nose, replied, "I beg your pardon!"

It sure looked like her, though.

This shook me up so much that I couldn't remember where I had parked the car. Had it not been for smoke rising up from the engine, I might be there yet.

"Well, did you remember the spray ketchup?" was my dear wife's greeting upon my arrival home.

"I'm sorry, Rita," I said, "I couldn't find it." Rita, *that* was her name. My dear wife's name is Lois. If I thought cold chicken and leftover boiled cabbage constituted a lousy dinner, it was lobster thermidor compared to what I got that night.

Sunday School

continued from page 38

Edward Reyes is a shy eight-year old boy whose face and head were disfigured in an accident with hot grease. Most of his hair was scalded off. Plastic surgery was ruled out, but CAI will look into hair transplants or buy him a wig.

Commenting on CAI's medical work, Dr. Sanchez says, "It's beautiful. You help the poor Mexicans. This is beautiful to help."

As the only religious-social organization working specifically among the poor children of Mexico City, Christian Advance International is greatly respected by the people it strives to help. Staffers are all Mexican, except for the Joneses and Allison Gabourel, who comes from Belize. The program's remarkable success can be linked to great faith, prayer, and old-fashioned hard work. "Prayer is a vital part of our ministry," Chris Jones emphasizes. Another factor is the staff's close hands-on relationship with the people they serve. They try to bring hope to a forgotten group; to turn teenagers away from drugs; to repair broken bodies and families; and to help children find a better future.

CAI is on its way to becoming the world's largest Sunday school in the world's largest city. Who can say that this goal will not be reached?

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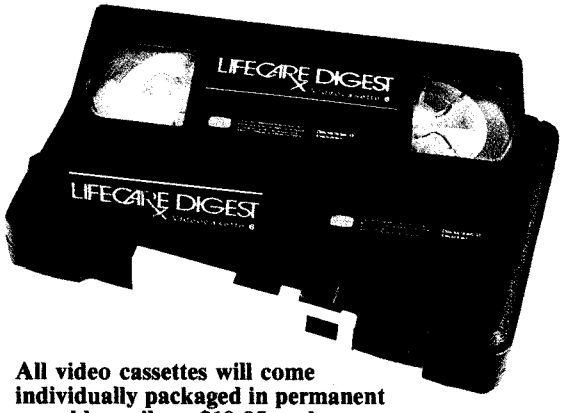

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LifeCare Digest Home Video Cassettes

Here is the best excuse yet for owning a videocassette player. With it you can throw your family a lifeline with videotapes of the "700 Club's" LifeCare Digest. These are subjects discussed by Dr. Cory SerVaas and her guest medical authorities, subjects that may extend or save the life of a loved one. Documentaries by *The Saturday Evening Post* are also available for viewing—and reviewing.

The tapes are approximately one hour in length (except #15, our AIDS tape, which is 15 minutes long) and sell for $19.95. We pay the postage, and we package them so they can be mailed on to those friends and relatives you'd like to see in good health for many more years.

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One-hour documentary on high-fiber foods with Dr. Denis Burkitt of London.

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Dr. Richard Griffith and Dr. Christopher Kagan discuss lysine as a weapon against herpes virus.

☐ ***Videocassette #3****
The story of Adm. Joe Synhorst has helped many to quit smoking.

☐ ***Videocassette #4****
A documentary on the discovery and development of high-lysine corn.

☐ ***Videocassette #5****
British physician Katharina Dalton discusses premenstrual syndrome and her effective treatment.

☐ ***Videocassette #6****
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HEALTH QUESTIONS?

Dr. Cory's new book has the answers.
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Now **Post** readers can find answers to their "Letters to the Editor."

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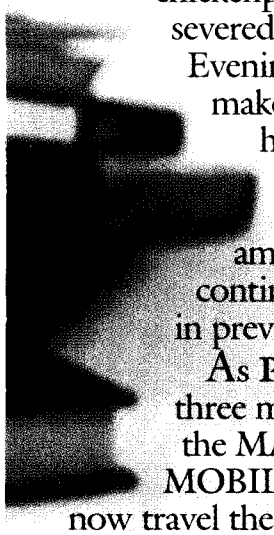
You owe it to the health of your family and you to have handy a copy of *Ask Dr. Cory*, the book that answers today's important health questions.

We're talking here about what to do if . . .

- You think you were exposed to AIDS
- Someone at the dinner table begins to choke
- You think your son has pin worms
- Your doctor insists you add more fiber to your diet

If you should be a bit fuzzy about any one of these situations, don't blame the **Post** or Dr. Cory SerVaas, its health editor. In her 178-page, soft-cover, hot-off-the-press book, she tells you in layman's language how to relieve discomfort, protect your health, even save your life. And what could be your excuse for not knowing about HIB vaccinations, what causes chickenpox, or the reattachment of a severed limb, when the Saturday Evening Post Society is waiting to make a copy of Dr. Cory's latest health book available at your fingertips? It waits only for your contribution—in any amount—to help the Society continue and extend its research work in preventive medicine.



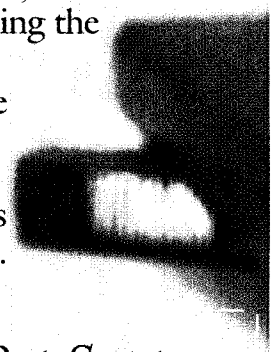
As **Post** readers already know, our three motoring medical missionaries—the MAMMOBILE, the HEART MOBILE, and the AIDS MOBILE—now travel the highways and byways to check health hazards for those people at greatest risk who might otherwise not be checked at all. With the latest equipment, our skilled technicians detect breast tumors no larger than a pinhead; counsel and test those at any risk for AIDS; and check for high cholesterol, which can lead to heart attacks.

Post readers also know that Dr. SerVaas is the fire behind the fight against such health hazards as emphysema, gallstones, herpes, glaucoma, melanoma, and arthritis. Also on the hit list of this internationally known health communicator are the afflictions of hepatitis, kidney stones, psoriasis, premenstrual syndrome, ectopic pregnancy, and galactosemia. You have read of her crusades in the **Post's** "Medical Mailbox" column, or perhaps tuned in her numerous TV programs in which she discusses today's most threatening problems. According to the response to her efforts, you have wanted to share in her continuing battle against these robbers of health, happiness, and even life itself.

Now . . . the opportunity is here. Every dollar of your contribution—whatever the amount—will be used in research to curb these current invasions on the welfare of mankind and make them one day as remote as the Black Plague. In the meantime, you'll have Dr. Cory's authoritative advice on how to keep these ailments from your door. And should one become a visitor in your home, she'll be there in the pages of *Ask Dr. Cory* to tell you the best procedure for booting the unwanted guest out the door.

When will you receive your copy of this important medical manual? How fast can you fill out the coupon, write a check, and stick them in the mail? You'll be turning the book's pages a few days later.

Yes, we are told that it's more blessed to give than to receive. But in the case of giving to the Society and receiving Dr. Cory's latest book, it could be a tossup.



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HEARTBEAT

The Healthy Heart Report

A DIET THAT CAN SAVE YOUR LIFE

Doctors across the country are going to the "oat" fashioned way to control cholesterol.

by James W. Anderson, M.D.

Illustrated by Marcus Hamilton

Half of all Americans, children and adults, have elevated blood cholesterol. These elevations are a major cause of hardening of the arteries. Despite all the publicity connecting cholesterol to heart disease, only 6 percent of Americans recently polled knew their blood cholesterol levels.

To be safe, you should have your blood cholesterol checked regularly. If your cholesterol level is high—200 mg/100 ml or more—the first step in lowering it will be to change your diet. Reducing fatty foods will help, but equally important, you must add foods high in fiber. Our research at the VA Medical Center in Lexington, Kentucky, and that from other centers indicates that increased fiber intake not only lowers blood cholesterol but also provides other health benefits. Five major health problems in the United States are heart disease, cancer, high blood pressure, obesity, and diabetes. Fiber reduces the risk of developing these problems and also acts therapeutically to reverse most of these conditions (except cancer) after they develop.

Oat bran is perhaps the best dietary source of fiber for lowering blood cholesterol. I discovered this myself back in September 1977, when our research team at the University of Kentucky did our initial oat study with me as the guinea pig. I started eating 100 grams (about three ounces) of oat bran daily. I ate a large bowl of hot oat-bran cereal for breakfast and four oat-bran muffins during the day. I also reduced my fat and cholesterol intake.

In the next five weeks my cholesterol level dropped from 280 mg/100 ml to 175 mg/100 ml. Oat-bran use lowered my cholesterol by 38 percent in five weeks.

Our research showed that a high-fiber, high-carbohydrate (HCF) diet lowered insulin needs by 70 percent and allowed two-thirds of adult diabetic individuals to stop insulin treatment. When we used the HCF diet, including three ounces of oat bran, for diabetic individuals, we saw remarkable changes in the blood-cholesterol fractions. Oat-bran use with the HCF diet lowered total cholesterol by 38 percent.

Oat bran lowers the bad-guy cholesterol and raises the good-guy cholesterol. The bad-guy cholesterol (technically, the low-density lipoprotein or LDL cholesterol) acts like a dump truck that deposits cholesterol in the blood vessels. The good-guy cholesterol (technically, the high-

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density lipoprotein or HDL cholesterol) acts like a pickup truck that removes cholesterol from the blood vessels. With the HCF diet and oat bran, the LDL cholesterol plummeted 82 percent while the HDL cholesterol skyrocketed 58 percent in three weeks. This is the most dramatic diet-induced change in the LDL cholesterol and HDL cholesterol we are aware of. This study clearly showed that oat bran lowers the bad-guy cholesterol and raises the good-guy cholesterol.

During the past decade many medical centers have demonstrated the extraordinary cholesterol-lowering effects of oat bran.

- For men on a metabolic research ward in Lexington, Kentucky, 3 ounces of oat bran lowered blood cholesterol by 19 percent in three weeks.
- For college students in Cambridge, Massachusetts, 1.5 ounces of oat bran lowered blood cholesterol by 12 percent in six weeks.
- For 69 office workers in Chicago, Illinois, 1.3 ounces of oat bran lowered blood cholesterol by 3 percent in six weeks.
- For 19 medical students in Irvine, California, 0.5 ounces of oat bran lowered blood cholesterol by 5.3 percent in four weeks.
- A study in Baltimore, Maryland, showed that oat bran lowered blood cholesterol as effectively as commonly used prescription drugs for only one-sixth to one-quarter the cost.

In all these studies, oat bran selectively targeted LDL cholesterol (the bad guys) for removal from the blood and preserved HDL cholesterol (the good guys).

Feeling Your Oats and Eating Them Too

To help people use more cholesterol-lowering fiber in their diets, we developed recipes and meal plans. Using these, many people have increased their intake of oat products, and they are controlling their cholesterol the "oat" fashioned way. Oat-bran muffins are one of the most convenient ways to use oat bran during the day. Each day I have two oat-bran muffins, vegetable juice, and fruit for lunch. After I had used oat products regularly (while avoiding fat and cholesterol from fatty meats, cheeses, dairy products, and eggs), my last blood cholesterol was 166 mg/100 ml.

Getting Started

Even if you have a healthy blood cholesterol, you will derive benefits and pleasure from a more fiber-rich diet. Breakfast, the most important meal of the day, is an excellent place to start. Have fresh fruit or juice, hot or cold oat cereal, skim milk, whole-wheat toast with jelly, and coffee or tea. On special occasions treat yourself to oatmeal pancakes or three-grain waffles with fruit syrup.

Lunch is an adventure. For those who can tolerate the same thing 250 days a year, have two oat-bran muffins, vegetable juice or sparkling water, and fresh fruit. The more innovative can use the salad bar and load up with garbanzo beans or kidney beans (they are rich in the same type of soluble fiber oat bran contains). Avoid such salads as potato salad, pasta salad, bean salad, and slaw, for they are loaded with oil or mayonnaise. Fill your plate with veggies; put a tablespoon of your favorite dressing on the side and dip your fork into it before loading on the greens and veggies.

A good sandwich choice is turkey on whole-wheat bread with lettuce, tomato, and a spicy mustard. At a fast-food restaurant, the best choice may be a plain hamburger with lettuce, tomato, pickles, and mustard.

Eating broiled fish twice a week can reduce the risk of suffering a heart attack by 50 percent. Learn to enjoy more fish in your diet. Other good dinner choices are bean burritos; spaghetti with a tomato or mushroom sauce; Chinese dinners with bean curd as the main ingredient; and chicken breast baked without the skin.

Two servings of vegetables and one piece of fruit each day provide good nutrition and healthy fiber. French-fried potatoes, potato chips, or deep-fried vegetable appetizers are not good choices. Have two generous servings of garden vegetables for dinner and try the vegetable plate when dining out. Many restaurants can fix you a vegetable plate even though it is not on the menu; most can also serve fresh fruit for dessert. Be assertive when you order at your favorite restaurant. Your example will help your family and friends make healthful choices.

Remember, oats and oat bran are nutritious, low in calories, easy to cook, suitable for all ages, and extremely versatile. They blend well in casseroles, soups, and baked goods; can combine with nuts, fruit, yogurt, and jams; and can even serve as a topping for frozen yogurt. In addition, our research shows that oats provide many other health benefits in treatment of diabetes, high blood pressure, and elevated blood cholesterol. Oats lower the bad LDL cholesterol and raise the good HDL cholesterol.

OAT BRAN RECIPES

Orange French Toast

(Makes 4 servings)

Egg substitute equivalent to 2 eggs
⅓ cup orange juice
½ teaspoon vanilla extract
4 slices whole-wheat bread

Beat egg substitute, orange juice, and vanilla in flat bowl or pan until well combined. Dip bread in batter to coat both sides. Cook over medium heat in skillet with nonstick surface or one sprayed with nonstick vegetable coating; brown both sides of each slice. Serve with margarine, puréed strawberries, or low-calorie strawberry jam.

Per serving: 118 calories, 13.7 g carbohydrate, 5.9 g protein, 4.4 g fat, 0 mg cholesterol, 1.3 g fiber, 187 mg sodium.

Blueberry Cobbler

(Makes 6 servings)

1 cup whole-wheat pastry flour
⅓ cup oat bran
Dash of salt, if desired
¼ cup corn oil
3 tablespoons ice-cold water

Combine first 3 ingredients. Stir in oil. Add ice water; mix with pastry cutter. Work into smooth ball. Roll out between two sheets of wax paper. Set aside.

Filling:
3 cups fresh blueberries, washed, stems removed
1 tablespoon honey

Mix honey and fruit gently. Place in baking dish, lightly oiled or sprayed with vegetable coating. Cover with pie crust. Hint: Roll pie crust to fit baking dish. Bake at 350° F. 30-35 minutes or until crust is golden and fruit is soft. May substitute other fruits as desired.

Per serving: 233 calories, 31 g carbohydrate, 4 g protein, 10 g fat, 0 mg cholesterol, 4.3 g fiber.

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TOPIC: Cholesterol
SPEAKER: Stephen R. Yarnall, M.D., Fellow of the American College of Cardiology

THE FIRST THING I ASK MY PATIENTS IS, "WHAT DO YOU EAT FOR BREAKFAST?"

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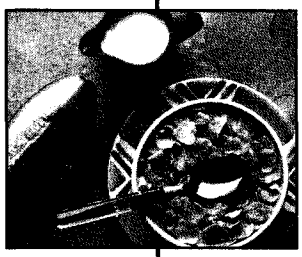
THE BAD NEWS:
A cardiologist like Dr. Stephen Yarnall sees patients every day with heart problems caused by too much cholesterol in the blood and arteries. "And, the problem often begins with breakfast," Dr. Yarnall explains. "Think of the popularity of fatty breakfast foods. A diet high in saturated fats stimulates the liver to supply the blood with cholesterol, and can keep the cholesterol level high throughout the day." The worrisome fact is that over fifty percent of adult Americans have elevated cholesterol levels. That could very likely mean you.

THE GOOD NEWS:
Yes, there is good news. If breakfast is part of the problem, then it could be part of the solution. It's recently been discovered that lowering the cholesterol in your blood may not only delay the progression of atherosclerosis (cholesterol-clogged arteries), but may actually *reverse* the process, and improve your chances of avoiding a heart attack, stroke, or other cardiovascular problems. That low fat, low cholesterol diet can very logically begin with breakfast.

SO WHAT CAN YOU EAT FOR BREAKFAST?
One of the most satisfying, easiest and healthiest breakfasts you can eat is cereal with skim milk, and fruit. It helps you make it through the morning, and gives you the variety you need to stick with it. In fact, for people who want to lose weight and/or attack a cholesterol problem, Dr. Yarnall surprised us by even suggesting "Eat breakfast twice a day."

This message is brought to you by Kellogg's, where a healthy breakfast starts.



For more information on lowering cholesterol, including a Health Passport from The American Health Foundation, a special brochure on cholesterol, and coupons for Kellogg's cereals, write to: Kellogg's Healthy Life, P.O. Box 5452, Kalamazoo, MI 49003-5452

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GET A TASTE FOR THE HEALTHY LIFE.

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Money Talk

continued from page 70

difference is the approximate amount of insurance coverage you should probably carry. If you want to provide funds for college education for your children or have some debts that would need to be paid, you should add these amounts to your coverage. Example: Let's assume your annual expenditures are $60,000. Multiply this amount by 75 percent. This would be $45,000, the amount of annual income that would be needed. Divide this amount by 6 percent, which would come to $750,000. This is the amount they would need to invest to receive the level of income needed at a 6 percent return. Now subtract the income-producing assets you have already acquired. Let's assume this comes to $100,000. Subtract this amount, leaving $650,000 of life insurance that would be needed. (At age 35 for a nonsmoker, this amount of annual renewable term could be purchased for an annual premium of $791.)

Q. To make money in the stock market, do you have to be an expert in timing your purchases?

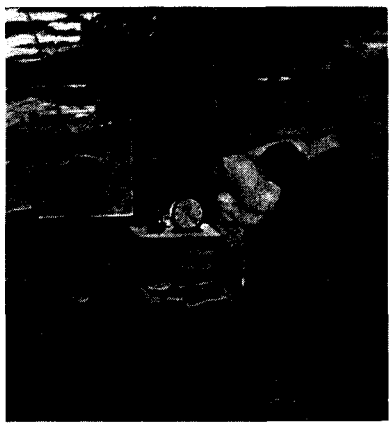
A. Timing does help; however, I had a study done that you might find interesting. I asked a mutual-fund management group to run figures for me assuming an investor had invested $10,000 a year each year from 1976 through 1987 and was so unfortunate as to have chosen the very top of the market each of those 12 years to make his purchases and then cashed in all his shares October 31, 1987, after the "crash." What would his results have been? He would have invested $120,000, and it may surprise you to learn he would have withdrawn $392,131.

Good timing does help, but it isn't necessary. Investing in a good cross section of American industry can be rewarding regardless.

If you have a money question you'd like to have answered, write Money Talk, c/o *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202.

Can you name this picture?

. . . ***contest:*** $100 to the author of the winning caption for this picture. Your entry can be from a "one-liner" up to a limerick of five lines. Send entry on a postcard. *No* self-addressed, stamped envelope is needed. We will also award $100 to the photographer whose submitted photo is published in the next contest. 8″ x 10″ photos are preferred, along with a self-addressed, stamped envelope for return of photo if not used. Send all entries to: Photo Contest, *SatEvePost*, 1100 Waterway Blvd., Indianapolis, IN 46202. All eligible caption entries must be postmarked by September 10, 1988.



Our congratulations and a check for $100 go to Lisa Westenbroer, Leeland, Michigan, for the winning entry in our December 1987 caption contest.

Dad said we'd go fishing at sunrise
For sunfish, bluegill, or walleye.
It's already past five,
He's not looking alive;
Now all Dad wants to catch is shuteye.

Vets on Pets

continued from page 21

based foods that failed to provide balanced nutrition. The skin condition in each case was resolved by changing the dog's diet to meet the National Research Council's recommendations for balanced nutrition. It would be best to solicit a veterinarian's advice about Maggie's skin problems. If this is not possible, I suggest that you feed her a diet marketed by a reputable dog-food manufacturer and labeled as complete and balanced. ***H.E.W.***

Send your questions for the vet to: Vets on Pets, *The SatEvePost*, 1100 Waterway Blvd., Indianapolis, IN 46202. Because of the volume of response, the editors regret we cannot reply personally to all letters.

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Badman

continued from page 65

some. All else I've got is cold flour.

"Cold flour—it's a borrowed thing, from the Indians. Only what I have here is white-man style. It's parched corn ground up and mixed with a mite of sugar and cinnamon. You can mix it with water and drink it, and go for miles on it. Mighty nourishing too. Pa was in Montana one time and traveled two weeks on a couple of dry quarts of it."

Last time I got up to scout the country around I caught the gleam of a far-off campfire.

• • •

Standing there looking across country and watching the stars come out, I thought of that girl and wondered if I would ever have me a woman like that one, and it wasn't likely. We Sacketts are Welsh, and a proud people, but we never had much in the way of goods. Somehow the Lord's wealth never seemed to gather to us; all we ever had was ourselves and our strength and a will to walk the earth with honesty and pride.

But this girl was running away, and it didn't seem right. She was huddled to the fire, wrapped in one of my blankets when I came down to the fire. Gathering cedar boughs and grass, I made her a bed to one side, but close to the fire.

"The fire smells good," she said.

"That's cedar," I said, "and some creosote brush. Some folks don't like the smell of creosote. Those Spanish men call it *hediondilla,* which means little stinker. Some of the Indians use it for rheumatism."

Nobody said anything for a while, and then I said, "Creosote-brush fires flavor beans—the best ever. You try them sometime, and no beans ever taste the same after."

The fire crackled, and I added a few small dry sticks and then said, "It ain't right, leaving him thisaway. He's likely worried to death."

She looked across the fire at me, all stiff and perky. "That is none of your business!"

"Mrs. Mallory, when you saddled yourself on me, you made it my business. Girl who marries a soldier ought to think to live a soldier's life. Strikes me you've no nerve, ma'am, you cut and run because of dirt floors. I'd figure if a girl truly loved a man it wouldn't make her no mind. You're spoiled, ma'am. You surely are."

She got up, standing stiff, coming the high and mighty on me. "If you do not want me here, I will go."

"No, you won't. First off, you haven't an idea where you are or which way to go to get there. You'd die of thirst, if that lion didn't get you first."

"Lion?"

"Yes, ma'am." I wasn't exactly lying, because somewhere in Arizona there was sure to be a lion prowling. "There's snakes, too, and at night you can't see them until they get stepped on."

She stood there looking unsure of herself, and I kept on with what I had to say. "Woman needs a man out here —needs him bad. But a man needs a woman too. How do you think that man of yours feels now? His wife has shamed him before others, taking on like a girl-baby, running off."

She sat down by the fire, but she looked at me with a chilly expression. "I will thank you to take me to Hardyville. I did not mean to 'saddle' myself on you, as you put it. I will gladly pay you for your trouble."

"Ain't that much money."

"Don't say 'ain't'!" She snapped her eyes at me.

"Thank you, ma'am," I said, "but you better get some shut-eye. We got to ride 50 miles tomorrow, and I can't be bothered with any tired female. You sit up on that horse tomorrow or I'll dump you in the desert."

"You wouldn't dare!"

"Yes, ma'am, I surely would. And leave you right there, and all your caterwauling wouldn't do you a mite of good. You get some sleep. Come daylight we're taking out of here faster than a scared owl."

Taking up my rifle I went out to scout the country, and setting up there on that rock slab I done my looking and listening. That fire was still aburning, away off yonder, like a star fallen out of the sky.

When I came back, she was lying on the bed I'd made, wrapped in a blanket, already asleep. Seen like that with the firelight on her face she looked like a little girl.

continued next issue

Norman Rockwell Encyclopedia

A Chronological Catalog of the Artist's Work 1910-1978
covers, illustrations, advertisements and more
by Mary Moline

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MEDICAL MAILBOX

by Cory SerVaas M.D.

We must indeed all hang together, or, most assuredly, we shall all hang separately.—*Benjamin Franklin*

An Unhealthy Law

Dear Dr. SerVaas:

To me AIDS is not a statistic or someone else's problem. For you see, both my father and my mother are dying from AIDS.

I grew up in the ideal all-American family. My father was a successful senior partner in a thriving business. My mother took care of the seven of us at home. We went to church each Sunday and were sent to the finest private schools that money could buy. We belonged to the country club. My parents were outstanding civic and conservative political leaders in our community. And our well-adjusted family was the envy of all.

But for the last two decades my father led a very secret life as a homosexual. He frequented homosexual bars and bathhouses. He courted boys my younger brother's age and hosted them in the penthouse suites of the finest hotels. We now know that over these years he contracted herpes, lice, gonorrhea of the throat, and rectal lesions, among other diseases, as a direct result of his homosexual encounters.

Jean didn't know her father had given her mother AIDS. If there had been any complication in the birth of Jean's first child, she would have asked her mother to give blood for her.

Then last October my father underwent open-heart surgery, one of the bloodiest surgical procedures, with over 20 health-care professionals in attendance. At Christmas he appeared so frail and weak that he was readmitted into the hospital for a series of diagnostic tests, including an HIV blood test. His doctors diagnosed histoplasmosis, then Pneumocystis carinii pneumonia (PCP), and when the blood test came back, AIDS was confirmed. But my father felt no obligation to share the final diagnosis with my mother. And the doctor was legally prohibited from informing my mother of the prognosis without obtaining my father's consent. It was only after my mother called in a renowned rare-disease specialist, in an effort to ensure my father's good health, that she was told that my father had AIDS and that she was at risk.

My mother is in the ARC (AIDS-related complex) stage now, and she's been given one month to five years to live. She is a beautiful woman who visits me frequently. She holds my baby and makes meals, but I live daily with the realization that her blood is lethal. I think back eight months, during a happier time, when she stood beside me as I gave birth to my first child. If there had been any complication I would have asked her to give me blood. I would have then slept beside my husband and breastfed my newborn child.

The Centers for Disease Control reported that the average homosexual AIDS patient has had 61 different sexual partners each year. Recent government statistics project that one out of every 30 men between the ages of 20 and 50 are HIV positive (which is as infectious as the final stages of AIDS). My mother's doctor, who specializes in AIDS treatment, has expressed concern that there are tens of thousands of unsuspecting wives now infected with the virus who have never engaged in high-risk behavior other than sleeping with their own husbands. Yet presidential candidate Mike Dukakis advocates a public policy that places the so-called privacy rights of some over the right to life of many.

"Administer ten cc's of chocolate milk until her throat feels better."

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May I ask who the real victims of AIDS are and who would benefit from not informing the sexual partners of AIDS patients? Is the victim the one who is dying, who is unwilling to bear the embarrassment of a secret life revealed? Or is the victim the person who enjoys a routine life, who nurtures a family, and who has hope because there is not yet knowledge, but who unknowingly is a walking time bomb who will years later experience one of the most debilitating and shameful diseases imaginable?

We are playing with fire. It's about time that our government, including our President and our Surgeon General, started advocating policies that protect the real victims of this fatal disease. It's about time that political leaders dealt with the reality of a nightmare rather than the self-interests of a myopic and militant lobby.

"Jean"—Name withheld by request

We met with the writer of the above letter and her mother in Washington, D.C. The attractive mother looks far younger than her age. Her daughter is also a beautiful and talented person. We laud them for putting their personal sorrow aside while they actively alert others to prevent further spread of AIDS. Their story is incredible but especially troublesome when you wonder how many others like this writer's mother are infected—ill and not wishing to make public the information—silent sufferers who aren't being counted at the Centers for Disease Control (CDC) until they reach the terminal stage of their infection, AIDS.

Fortunately, the Presidential Commission on HIV has now recommended that HIV infections, not just AIDS cases, be reported to state health authorities and to the CDC. Another commission recommendation to the President was for spouse notification by state health authorities if the doctor or the AIDS patient does not wish to notify a spouse that he or she is at risk.

"My calves hurt."

A joyous Patsy Ruff, soon to celebrate the first anniversary of her double-lung transplant, makes our dream come true. She now plays and works full-time without oxygen.

Double Blessing

Dear Dr. SerVaas:

You know it will soon be a year since my double-lung transplant, and I just wanted to let you know how and what I am doing with my new life.

First of all, I am doing fantastically well. I have to just pinch myself when I wake up in the mornings. I am able to be with my children, play golf, exercise, and do some speaking engagements. On top of all that, after returning from Toronto for my nine-month checkup in April, I became a full-time employee of the American Lung Association of Alabama. I am very involved with my church and just in general having fun.

You know, Dr. SerVaas, I am so fortunate. God has blessed me in so many wonderful ways.

I really just wanted to say thank you for writing that first article in June 1985, about Dr. Joel Cooper and Toronto General Hospital, for without that article I would not have perceived a dream that was later to become true. Thank you also for printing my story in your December '87 issue. I have just had a wonderful response from it.

Let me hear from you sometime. If for any reason you need to reach me at any time my address is as follows:

Patsy Ruff
108 Thames Drive
Prattville, Alabama 36067

Patsy Ruff
Prattville, Alabama

Blood Banked

Dear Dr. SerVaas:

I am a von Willebrand's blood person and have always

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wondered how close this comes to hemophilia. We are warned that in the event of bleeding from accident or surgery to have two pints of "fresh blood" available.

Francys M. Naslund
Lincoln, Nebraska

Von Willebrand's disease is sometimes also called pseudohemophilia, vascular hemophilia, or angiohemophilia, because as in hemophilia, this hereditary disorder causes prolonged bleeding time and has a mild to severe deficiency of factor VIII, one of the blood-clotting agents. Von Willebrand's patients need an additional "normal" Willebrand factor as treatment or prevention of excess bleeding during surgery.

A Family History of EBV

Dear Dr. SerVaas:

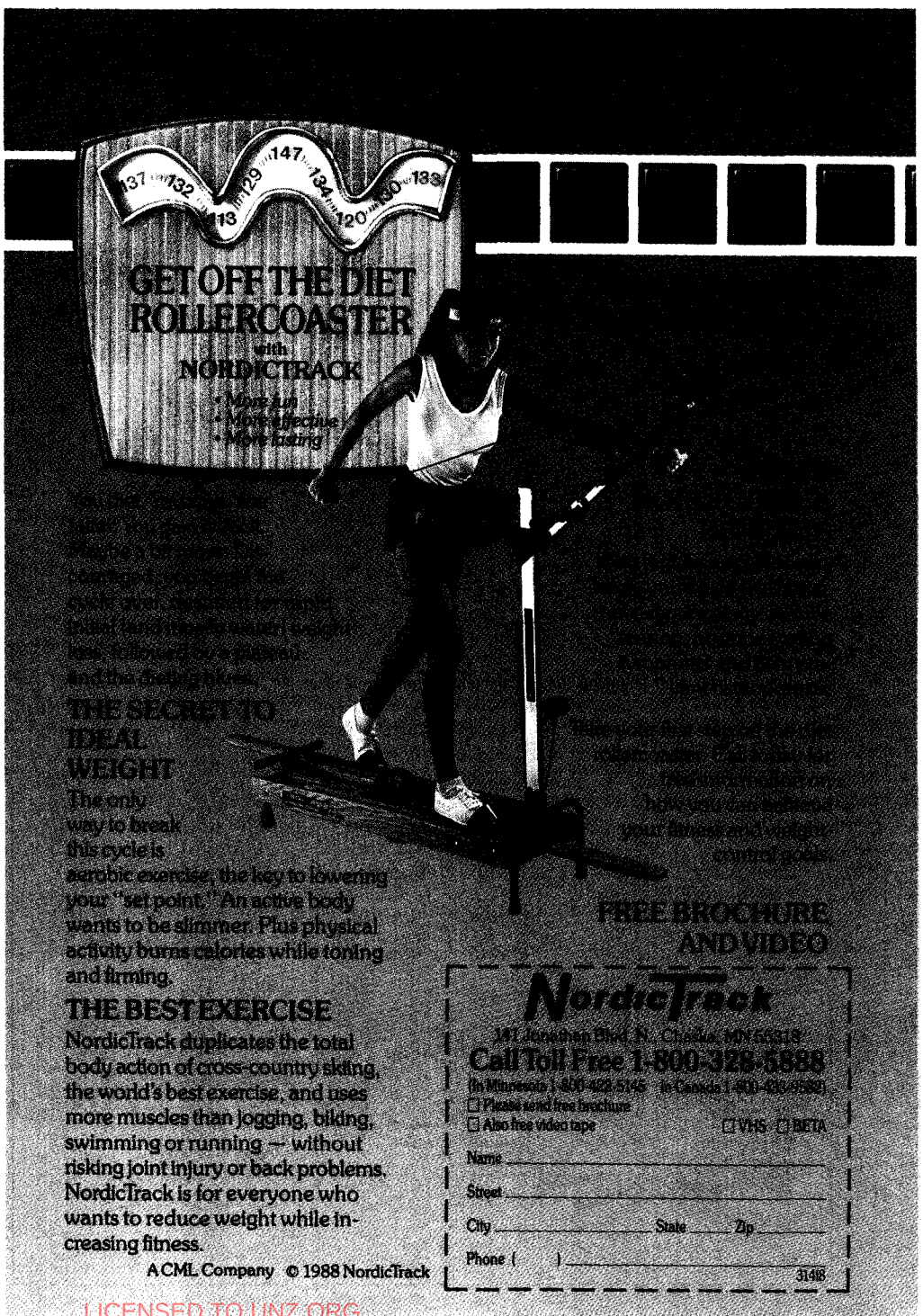
Recent *Post* articles on using L-lysine to treat herpes infections are of special interest to me as both our son and daughter have been told by doctors that their symptoms may be caused by Epstein-Barr virus. Both are in their early 40s but living in different areas—one in the Los Angeles area and one in the Boston area. Our son had a severe case of chickenpox in childhood and has had shingles twice as an adult. Our daughter at age 16 suffered from mononucleosis, which lasted nearly a year. Off and on she has had fever blisters on her lips when ill with a respiratory infection. Thus, both have suffered from herpes infections in the past. Our son is receiving no treatment from his doctor, but has periods of great fatigue, depression, mental confusion or lack of concentration, and muscle aches, which have persisted for a year. Our daughter has been treated with gamma-globulin shots, Zovirax, a very small dose of thyroid, and multivitamins for about nine months. She has been progressively feeling better but is not fully her normal self as yet. They have both been extremely frustrated and discouraged. The fatigue is devastating.

I have tried to find literature on EBV, but there seems to be little available. You stated that you had sent a list of physicians who have used the lysine supplement to a lady in Colorado. I would greatly appreciate any information you could forward on the lysine diet and supplements. If you know of any doctors in the Boston or north-of-Boston area who might be treating this disease, I would greatly appreciate having their names also.

Name withheld by request
San Diego, California

We're sending a copy of your letter to all of the physicians we know who are treating patients for herpes-related diseases with lysine. I'm sure there are many more such physicians, but we know that those on our list are particularly interested in oral herpes, chickenpox, shingles, and Epstein-Barr virus. I'm sure that your family history of chickenpox in childhood, shingles, and mononucleosis will be of interest to them. Adding your experience to those of their own patients may help shed some light on this very disturbing group of afflictions. Keep searching, and so will we.

We're also enclosing a copy of Dr. Richard Griffith's paper that appeared in the October issue of *Dermatologica*. I believe you will find it interesting.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Let's Hear It for Ultrasound

Dear Dr. SerVaas:

This concerns the article in "Medical Mailbox," page 84, March '88, titled "Potency After Prostate Surgery." The article was repeated in the March newsletter. You stressed the importance of the digital rectal exam. No mention was made of the prostatic ultrasound ("Medical Mailbox," Jan./Feb. '87). I am amazed. Is the ultrasound now of less importance?

Dr. Fred Lee and associates in Ann Arbor, Michigan, appear to be going strong and teaching the method to doctors from around the world. Dr. Lee was the subject of the Jan. '87 article.

I am very much concerned as I have had a negative report as the result of the ultrasound of the prostate.

Edward D. Steinman
Southgate, Michigan

The ultrasound of the prostate gland is a very valuable test for early detection of cancer of the prostate. It was described in the Jan./Feb. '87 "Medical Mailbox" column in *The Saturday Evening Post*. We wish it were available to every man 40 and over.

Fighting Off Sleep

Dear Dr. SerVaas:

In a recent *Saturday Evening Post* someone asked about going to sleep a lot.

For years my family threw water in my face or tapped me on my face as doctor after doctor failed to diagnose my falling asleep continuously. It doesn't matter how many hours I slept at night.

It started when I was about 20 years old, and about 10 years later a country doctor handed me a medical book and there it was word for word as I had described it to everyone. I take one Dexedrine span 15 mg every morning at breakfast. If I didn't I would be less than a dishrag all day. There are not any ill effects—just say my name or touch me on the arm.

Would you please do an article or a feature on narcolepsy as there are loads of people who don't know what is the matter with them and many, many doctors who have never run into a case in all their years of practice.

Mrs. H. B. Johnson
Largo, Florida

Smokeless Doesn't Mean Harmless

Dear Dr. SerVaas:

While the smoke clears from debates regarding smoking privileges in public places, it appears that tobacco companies are, in fact, introducing new smokeless tobacco products to capitalize on the potential banishment of smoking in public buildings. Now more than ever, we cannot neglect the growing need to snuff out smokeless tobacco.

Despite evidence which links smokeless tobacco use to precancerous oral lesions, new smokeless products to be chewed like gum and boasting of peppermint and cinnamon flavors will be available. Additionally, the new products will be marketed to appeal especially to women.

Oral and maxillofacial surgeons have long been warning of the dangers of smokeless tobacco use. Although once considered a problem confined to males, it is clear now that our efforts to stamp out smokeless tobacco must extend to women as well.

I urge everyone in our community to recognize the potential health hazards of smokeless tobacco and ensure that it does not become the condoned replacement for a "smokeless" society.

David A. Bussard, D.D.S., M.S.
Indianapolis, Indiana

Cheers to Your Health

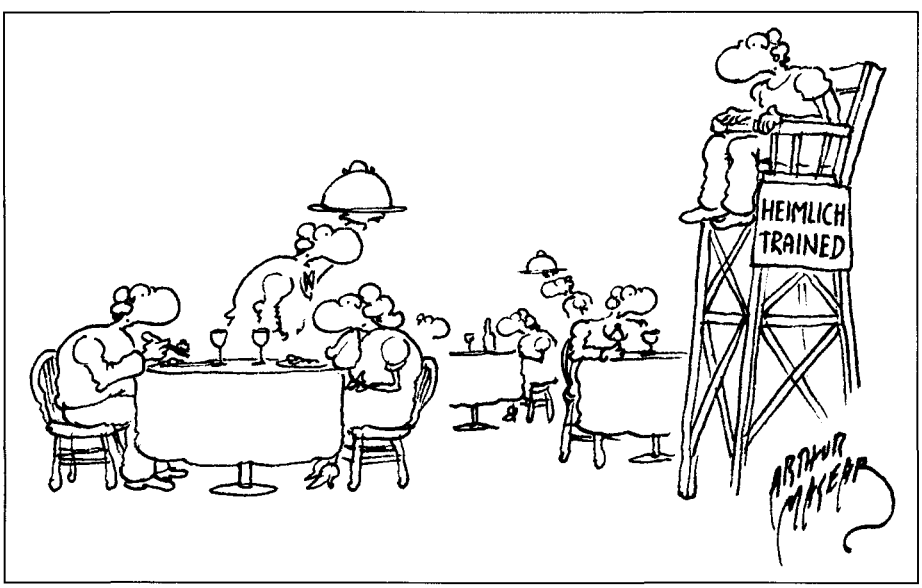
Dear Dr. SerVaas:

An item in the May/June '88 "Medical Mailbox" of the *SatEvePost* caught my eye, as a hives-type problem troubled me for many years prior to 1960, when I found almost immediate relief through a rather unlikely source.

My problem was never helped by doctors who diagnosed my blisters/welts as anything from hives to venereal disease, and no medication really helped. A visiting friend brought a bottle of cream sherry wine on one occasion, and I enjoyed a glass of the wine with him. Within a matter of hours I noticed a lessening of the discomfort, and within 24 hours the change was dramatic. Subsequently, the dietitian at a local medical clinic researched several medical manuals and reference books on my behalf and reached a conclusion that the wine's alkaline ash may have had a nullifying effect on whatever acid ash caused the original problem. My "offenders" are citrus fruits or juices and fresh strawberries. Occasionally, I feel the onset of the welts if I am not careful about the berries especially, but the cream sherry wine will bring a halt to further trouble.

I hope you may be willing to suggest to Velma Sansom that she try taking a small glass of cream sherry wine twice a day when her hives appear, to see if it helps her as it did me. It has been my "ounce of prevention" anytime I may have been indiscreet in my food consumption.

Raymond A. Clark
Portland, Oregon



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Ben Franklin Award

continued from page 12

ing to discover later that the subject of transfusion-associated AIDS was not even on the meeting's program. While we certainly don't believe that there was a conscious conspiracy, there seemed to be great reluctance among blood bankers to acknowledge the problem.

"In the summer of 1983, follow-up interviews revealed that several people we excluded had in fact donated. Later that year we learned that a donor whose blood our test rejected had been hospitalized with AIDS some eight months later. After introduction of the specific AIDS antibody test in 1985, we retrospectively tested frozen sera from blood donors whose T-cell tests had been abnormal and found that *true* HIV-positive donors were 500-fold more frequent in the group rejected by our test than in the donors acceptable by the test.

"Although we chose to use a test that would have been difficult for many blood banks to adopt quickly, other, more feasible tests were also available. The test for antibody to the core component of hepatitis B is a relatively inexpensive test which utilized equipment already on hand at most blood banks. Using this test would have markedly reduced the rate of HIV transmission via transfusion without seriously jeopardizing the blood supply.

"Why did the blood-banking leadership, national organizations, and government agencies fail to recommend *any* testing of donor blood before 1985? The contributing factors basically boil down to an extraordinary resistance to change and criticism, a failure to accept imperfect solutions to urgent problems, and a lack of insightful leadership within the blood-banking community. One example antedates the AIDS epidemic altogether. In 1980, Drs. Ann Yeager and Carl Grumet developed a simple blood test for the presence of antibodies to cytomegalovirus (CMV). They demonstrated that by using only CMV seronegative blood, the devastating clinical consequences of transfusion-transmitted CMV infection in premature infants could be completely avoided. The cost of the test was no more than two dollars and the results were clear-cut. Did the blood banking organizations adopt the test to protect susceptible patient groups? The AABB and the Red Cross did not endorse CMV testing for five more years, and many blood bankers called such testing impractical or inexact, a theme we heard again with AIDS surrogate screening. Even now, the AABB Standards for Blood Banks and Transfusion Services call for blood banks to perform CMV testing only where transfusion-associated CMV disease is a problem. Thus, it should come as no surprise that indirect blood tests for AIDS were rejected. Until very recently the industry has required that the utility of any candidate test must be proven over and over and over again before it can even be considered for mandatory use.

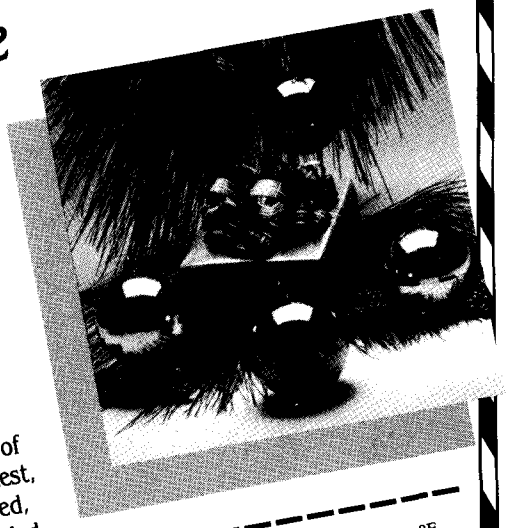
"Another problem relates to autologous blood (the patient's own blood) for patients anticipating surgery. Blood banks may have inadvertently discouraged its use by, for example, limiting the locations and hours available for autologous donations. Autologous and patient-directed donations now constitute 18 percent of our blood supply!

"The AIDS tragedy appears to have already improved the responsiveness of blood-banking organizations. For example, blood tests similar to those rejected by blood bankers for prevention of AIDS in 1983 to '85 are now used by virtually all blood banks to try to prevent transmission of non-A, non-B hepatitis. Most blood banks now offer both patient-directed and autologous blood-transfusion programs.

"HTLV-I, recently shown to be transmissible via transfusion, appears to be the underlying cause of a fatal form of leukemia as well as a severe neurologic disorder. The current hesitance of blood banks to employ available HTLV-I antibody screening assays may represent the most recent example of delayed use of available technology. Although there is a need for a reliable confirmatory test, widespread application of the current HTLV-I antibody assay could reduce the transmission of the HTLV-I virus to transfusion recipients. Therefore, although there may not yet be sufficient information to warrant formal licensure by the FDA, we nonetheless believe that the tests should be

continued on page 111

The Christmas Tree Ornament That Protects!



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ACKERS
ACTON
ADAIR
ADAM(S)
ADKINS
AGAR
AGER
AGNEW
AIKEN(S)
AINSWORTH
AITKEN
AKERS
ALBERT(S)
ALBRECHT
ALBRIGHT
ALDEN
ALDERMAN
ALDERSON
ALDRICH
ALDRIDGE
ALEXANDER
ALFORD
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ALLISON
ALLMAN
ALSOP
ALSTON
ALVORD
AMANN
AMBLER
AMBROSE
AMES
AMMANN
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AMOS
ANDERSON
ANDREW(S)
ANGEL(L)
ANTHONY
ANTRIM
APPLEBY
APPLEGATE
APPLETON
ARCHER
ARCH(I)BALD
ARM(I)STEAD
ARMITAGE
ARMSTRONG
ARNDT
ARNETT
ARNOLD
ARNOTT
ARROWSMITH
ARTHUR
ASBURY
ASHBY
ASH(E)
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ATCHISON
ATHERTON
ATKINS
ATKINSON
ATWATER
ATWELL
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ATWOOD
AUBRE(E)Y
AUSTIN
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AVER(I)LL
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CREIGHTON
CRENSHAW
CRESSWELL
CREW(S)
CRICHTON
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CRIST
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CRITTENDEN
CROCKER
CROCKETT
CROFT
CROMER
CROMWELL
CROOK(S)
CROSBY
CROSIER
CROSS
CROS(S)MAN
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CROWDER
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GRYMES
GU(E)NT(H)ER
GUEST
GUILD
GUILE
GUION
GULICK
GUNN
GUNNELL
GURLEY
GURNEY
GUTHRIE
GUY
GUYON
GWINN
GWYNN
GYLES
HACKER
HACKETT
HADDEN
HADDOCK
HADLEY
HA(E)GER
HAF(F)NER
HAGAN
HAGEMAN(N)
HAGEN
HAGERMAN(N)
HAGGARD
HAGUE
HAHN
HAIG(H)
HAINES
HAIR(E)
HAIRSTON
HALE
HALL
HALLAM
HALLECK
HALLENBECK
HALLET(T)
HALLEY
HALLIDAY
HALLOCK
HALLOWELL
HALSEY
HALSTE(A)D
HAMER
HAMILL
HAMILTON
HAMLIN
HAM(M)
HAM(M)EL
HAMMETT
HAMMOND
HAMPTON
HANCE
HANCOCK
HAND
HAN(D)LEY
HANDY
HANEY
HANK(E)(S)
HANKIN(S)
HANMER
HANMORE
HANN
HANNA(H)
HANNAY
HANSEN
HANSON
HARBAUGH
HARDEN
HARDIE
HARD(I)MAN
HARDIN
HARDING
HARDWICK(E)
HARDY
HARE
HARGR(E)AVE(S)
HARING
HARKNESS
HARLAN
HARLEY
HARLOW
HARMAN
HARMER
HARMON
HARPER
HARRIMAN
HARRINGTON
HARRIS
HARRISON
HARROLD
HARRY
HART
HARTLEY
HARTSHORN(E)
HARTWELL
HARVEY
HARWOOD
HASBROUCK
HASELL
HASKIN(S)
HASSARD
HASTINGS
HATCH
HATCHER
HATCHETT
HATFIELD
HATHAWAY
HATTON
HAUS(E)MAN(N)
HAUSER
HAVILAND
HAWES
HAWK(E)(S)
HAWKINS
HAWLEY
HAWORTH
HAWTHORNE
HAY
HAYDEN
HAY(E)S
HAYMAN
HAYNES
HAYWARD
HAYWOOD
HAZEN
HAZ(Z)ARD
HEAD

LICENSED TO UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

HEADLEY
HEALD
H(E)AL(E)Y
HEARD
HEARN(E)
HEATH
HEATON
HEBB
HEBERT
HEDGE(S)
HEDRICK
HEF(F)NER
HEGEMAN
HELLER
HELM
HENDERSON

HEN(D)LEY
HENDRICK(S)
HENDRIX
HENKEL
HENKLE
HENNING
HENRY
HENSLEY
HEPBURN
HERBERT
HERMAN
HERNDON
HERRICK
HERR(I)ING
HERRINGTON
HER(R)ON
HERSEY
HERSHEY
HESS(E)
HEWES
HEWETT
HEWITT
HEWLETT
HEYMAN
HEYWOOD
HIATT
HIBBARD
HIBBERT
HICKEY
HICKMAN
HICKOK
HICKS
HIGDON
HIGGINBOTHAM
HIGGINS
HIGHLAND
HIGHT
HIGLEY
HILDRETH
HILLIARD
HILLIER
HILLMAN
HILL(S)
HILLYER
HILTON
HIN(C)KLEY
HIND(S)
HINE(S)
HINKLE
HINMAN
HINTON
HITCH
HITCHCOCK
HITE
HOAG
HOAGLAND
HOAR(E)
HOBART
HOBBS
HOBSON
HOCH
HODGE(S)
HODGKINS
HODGSON
HOFF
HOF(F)MAN(N)
HOGAN
HOGG
HOG(U)E
HOIT
HOLBROOK
HOLCOMB(E)
HOLDEN
HOLDER
HOLLAND
HOLLENBECK
HOLL(E)Y
HOLLIDAY
HOLLIN(G)SHEAD
HOLLINGSWORTH
HOLLIS
HOLLISTER
HOLLOWAY
HOLLOWELL
HOLMAN
HOLMES
HOLT
HOLTON
HOLYOKE
HOMER
HOOD
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HOOKER
HOOPER
HOOVER
HOPE
HOPKINS
HOPPER
HOPSON
HORN(E)
HORNER
HORSLEY
HORTON
HOSKIN(S)
HOSMER
HOTCHKISS
HOUGH
HOUGHTON
HOUSE
HOUSEMAN
HOUSER
H(O)USTON
HOWARD
HOW(E)
HOWELL
HOWES

HOWLAND
HOWLETT
HOY(E)
HOYT
HUBBARD
HUBBELL
HUBER
HUBERT
HUCK
HUDDLESTON
HUDGINS
HUDSON
HUFF
HUGGINS
HUGHES
HULL
HUME(S)
HUMPHREY(S)
HUMPHRIES
HUNDLEY
HUNGERFORD
HUNT
HUNTER
HUNTINGTON
HUNTLEY
HURD
HUR(L)BU(R)T
HURLEY
HURST
HUSBAND(S)
HUSSEY
HUTCHE(R)SON
HUTCHIN(G)S
HUTCHI(N)SON
HUTTER
HUTTON
HYATT
HYDE
HYETT
HYLAND
IDE

INGALL(S)
INGE
INGERSOLL
INGHAM
INGLIS
INGRA(HA)M
INNES
INNIS
IRBY
IRELAND
IRISH
IRVIN(E)
IRVING
IRWIN
ISAAC(S)
ISBELL
ISHAM
IVES
IVI(E)Y
IVINS
JACKMAN
JACK(S)
JACKSON
JACOB(S)
JACQUES
JA(E)GER
JAMES
JAM(I)E)SON
JANES
JANSON
JANS(S)EN
JAQUES
JARMAN
JARRETT
JARVIS
JAY(E)
JEFF(E)RIES
JEFFERSON
JEFFERY(S)
JEFFREY(S)
JEN(C)K(E)S
JENKIN(S)
JENN(E)Y
JENNINGS
JERMAN
JESSUP
JETT
JEWELL
JEWETT
JOB(E)
JOHN(S)
JOHNSON
JOHNSTON(E)
JOINER
JOLL(E)Y
JOLLIFFE
JONES
JORDAN
JORDON
JOSLIN
JOSLYN
JOY
JOYCE
JOYNER
JUDD
JUDKINS
JUDSON
JUDY
JULIAN
JULIEN
JUSTICE
KA(I)N(E)
KAISER
KARL
KATES
KAVANA(U)GH
KAY(E)
KEANE
KEARNEY
KEARNS
KEATING
KEATON
KEELER
KEEL(E)Y
KEELING
KEENAN
KEEN(E)
KEENEY
KEEP
KEHOE
KEIL
KEISER
KEITH
KELLAR
KELLER
KELL(E)Y
KELLOGG
KELSEY
KELSO
KEMP(E)
KEMPER
KENAN
KENDALL
KENDRICK
KENNARD
KENNEDY
KENN(E)Y
KENNON
KENT
KENYON
KEO(U)GH
KERBY
KERN
KERNS
KERR
KERSHAW
KERWIN
KETCHAM
KETCHUM
KEY(E)
KEY(E)S
KEYSER
KIDD
KIDDER
KILBO(U)RN(E)
KILBURN
KILGORE
KILHAM
KILLAM
KILMER
KILPATRICK
KIMBALL
KIMBERLY
KIMBLE
KINCADE
KINCAID
KINCHELOE
KINDER
KING
KINGMAN
KINGSBURY
KINGSLEY
KINGSTON
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KINKAID
KINKEAD
KINNEY
KINSELLA
KINSLEY
KIPP
KIRBY
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KIRKHAM
KIRKLAND
KIRKPATRICK
KIRKWOOD
KIRWAN
KISER
KITCHEN
KITCHIN
KITTLE
KITTREDGE
KLINE
KNAPP
KNICKERBOCKER
KNIGHT
KNIGHTON
KNOTT(S)
KNOWLES
KNOWLTON
KNOX
KOLB
KRAMER

KRAUSE
KRAUS(S)
KUHN(S)
KULP
KUNKEL
KUR(T)Z
KYLE
LAC(E)Y
LADD
LAFFERTY
LAFORGE
LAIRD
LAKE
LAMB
LAMBERT
LAMONT
LAM(P)KIN
LAMSON
LANCASTER
LANCE
LAND(E)
LANDER(S)
LANDES
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LANG
LANGDON
LANGFORD
LANGHAM
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LANIER
LAN(N)ING
LANTZ
LAPHAM
LAPORTE
LARKIN(S)
LARNED
LARUE
LASHER
LATHAM
LATHROP
LATIMER
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LAUER
LAUGHTON
LAVENDER
LAWLER
LAWLOR
LAWRENCE
LAW(S)
LAWSON
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LAYMAN
LAYTON
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LEADBETTER
LEAR
LEARNED
LEARY
LEATHERMAN
LEATHERS
LEAVER
LEAVITT
LECOM(P)TE
LECONTE
LEDBETTER
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LEECH
LEEDS
LEEMAN
LEEPER
LEESON
LEFE(B)VRE
LEFEVOUR
LEFTWICH
LEGG(E)
LEGGETT
LEHMAN(N)
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LEITNER
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LEMLEY
LEMMON
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LEN(N)OX
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LEONARD
LEROUX
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LESLEY
LESLIE
LESTER
LEVER
LEVIS
LEVITT
LEWIS
LEY
LIDDELL
LIDDLE
LIGGETT
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LIGHTFOOT
LIGHTNER
LILL(E)Y
LILLIE
LINCK
LINCOLN
LIND(E)
LINDLEY
LINDSAY
LINDSEY
LINE
LING
LINK(E)
LINN(E)
LINTON
LIPPINCOTT
LIPPITT
LISLE
LISTER
LITCHFIELD
LITTELL
LITTLE

LITTLEFIELD
LITTLETON
LIVINGSTON
LLEWELLYN
LLOYD
LOCK(E)
LOCKETT
LOCKHART
LOCKWOOD
LODGE
LOGAN
LOHMAN(N)
LOMAS
LOMAX
LOMBARD
LONDON
LONG
LONGLEY
LOOMIS
LOONEY
LORD
LOTHROP
LOTT
LOUDEN
LOUDON
LOUNSBURY
LOVE
LOVEJOY
LOVELACE
LOVELL
LOVETT
LOWING
LOWDEN
LOW(E)
LOWELL
LOWERY

LOWR(E)Y
LOWTHER
LOYD
LUCAS
LUCE
LUCKETT
LUCK(E)(Y)
LUCY
LUDDEN
LUDLAM
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LUDLUM
LUDWIG
LUKE
LUKEN(S)
LUM(B)
LUMLEY
LUMPKIN
LUND
LUNDY
LUNSFORD
LUNT
LUSK
LUTHER
LUTZ
LYFORD
LYLE(S)
LYMAN
LYNCH
LYND(E)
LYNE
LYNN(E)
LYON
LYONS
MAAS
MABEE
MABIE
MABR(I)Y
M(A)CARTHUR
MACAULAY
M(A)CCLINTOCK
M(A)CCORKLE
M(A)CDONALD
M(A)DOUGAL(L)
M(A)CFADDEN
M(A)CFARLAND
M(A)CFARLANE
M(A)CGREGOR
MAC(I)E
MACK
M(A)CKAY
M(A)CKENZIE
M(A)CKINNON
M(A)CLAREN
M(A)CLAUGHLIN
M(A)CLEAN
M(A)CLEOD
M(A)CMAHON
M(A)CMANUS
M(A)CMILLAN
M(A)CMULLEN
M(A)CMURRAY
M(A)CNAB(B)
M(A)CNAMARA
MACON
M(A)CPHERSON
M(A)CRAE
M(A)CVEIGH
MADDEN
MADDOCK
MADDOX
MADDUX
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MADISON
MAGEE
MAGILL
MAGOON
MAGRUDER
MAGUIRE
MAGY
MAHER
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MAHON(E)Y
MAIN
MAITLAND
MAJOR
MALCOLM
MALLETT(E)
MALLORY
MAL(L)OY
MALONE(Y)
MANCHESTER
MANDEVILLE
MANEY
MANL(E)Y
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MANNING
MANSELL
MANSFIELD
MANSON
MAPES
MAPLE(S)
MAR(A)BLE
MARBURY
MARCH
MARCHANT
MARCY
MARDEN
MARION
MARKEY
MARKHAM
MARKLEY
MARK(S)
MARLEY
MARR
MARRIOTT
MARSH
MARSHALL
MARSTON
MARTIN
MARVEL
MARVIN
MASON
MASSEY
MASSIE
MASTER(S)
MASTERSON
MATHER
MATHE(W)ISON
MAT(T)ESON
MAT(T)HEW(S)
MATTOCKS
MATTOX
MAUPIN
MAXCY
MAXEY
MACFIELD
MAX(S)ON
MAXWELL
MAY
MAYBERRY
MAYER
MAY(ES)
MAYHEW
MAYNARD
MAYO
MCADAM(S)
MCAFEE
MCALLISTER
MCALPIN(E)
MCAVOY
MCBRIDE
MCCABE
MCCALL
MCCALLUM
MCCART(H)Y
MCCLAIN
MCCLELLAN(D)
MCCLINTIC
MCCLOUD
MCCLUNG
MCCLURE
MCCOLLUM
MCCORD
MCCORMACK
MCCORMICK
MCCOY
MCCRARY
MCCRAY
MCCREA
MCCREADY
MCCREARY
MCCREERY

MCCRORY
MCCUE
MCCUEN
MCCULLOUGH
MCCULLOUGH
MCCUNE
MCCURDY
MCCUTCHEON
MCDANIEL(S)
MCDERMOTT
MCDONOUGH
MCDOWELL
MCELROY
MCEVOY
MCEWAN
MCEWEN

MCGEE
MCG(E)HEE
MCGHIE
MCGILL
MCGINNIS
MCGOWAN
MCGOWEN
MCGRATH
MCGRAW
MCGREW
MCGRUDER
MCGUIRE
MCHENRY
MCILHENNY
MCILVAIN(E)
MCINTIRE
MCINTOSH
MCINTYRE
MCKEAN
MCKEE

MCKEEN
MCKENNA
MCKIM
MCKINLAY
MCKINLEY
MCKINNEY
MCKINNON
MCKINSTRY
MCLAIN
MCLANE
MCLELLAN
MCMASTER(S)
MCNAIR
MCNALLY
MCNAUGHTON
MCNEAL
MCNEIL(L)
MCNULTY
MCNUTT
MCQUEEN
MCSWEENEY
MCVAY
MCVEY
MCVICKAR
MCVICKER
MEACHAM
MEADE(.)
MEADOW(S)
MEANS
MEARS
MEEKER
MEEK(S)
MEERS
MEIGS
MELCHER
MELCHIOR
MELLEN
MELLER
MELLIN
MELLON
MELLOR
MELTON
MELVILLE
MELVIN

MENDENHALL
MERC(I)ER
MEREDITH
MER(R)IAM
MERRICK
MERRILL
MERRIMAN
MERRITT
MERRY
MESSENGER
MESSER
MESSINGER
METCALF(E)
MEYER(S)
MICHAEL
MICKLE
MIDDLETON
MIDDLETON
MILLAR
MILLARD
MILLER

MILLET(T)
MILLIGAN
MILLIKEN
MILLS
MILNER
MILTON
MINER
MINOR
MINTER
MITCHEL(L)
MITTEN
MITTON
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MINOR
MINTER
MITCHELL(L)
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MITTON
MOBERL(E)Y
MOBLEY
MOCK
MOFFAT(T)
MOFFETT
MOFFITT
MOHR
MOHUN

MOLLOY
MOLONEY
MOLYNE(AU)X
MONK
MONROE
MONSON
MONTAGUE
MONTEITH
MONTGOMERY
MOODY
MOON(E)
MOONEY
MO(O)RE
MO(O)R(E)HOUSE
MOORHEAD
MO(O)RMAN
MOREY
MORGAN
MORIARI(I)TY
MORLEY
MORRELL
MORRILL
MORRIS
MORRISON
MORROW
MORSE
MORTIMER
MORTON
MOS(E)LEY
MOSES
MOSHER
MOS(I)ER
MOSS(E)
MOTHERSHEAD
MOTLEY
MOTT
MOULTON
MOWER
MOWRY
MOYER
MU(E)LLER
MUIR
MULFORD
MULLEN
MULLIGAN
MULLIN(S)

MUMFORD
MUND(A)Y
MUNK
MUNN
MUNROE
MUNSELL
MUNSON
MURCHISON
MURDOCH
MURDOCK
MURPHY
MURRAY
MUSE
MUSSELMAN
MYER(S)

MYLES
NAGEL
NAGLE
NANCE
NAPIER
NASH
NASON
NAYLOR
NEAL(E)
NEAL(L)(E)Y
NEEDHAM
NEFF
NEIL(L)
NEILSON
NESBIT
NETTLETON
NEUMAN
NEVILLE
NEVINS
NEVIUS
NEWBERRY
NEWBY
NEWCOMB
NEWELL
NEWHALL
NEWKIRK
NEWLAND
NEWLIN
NEWMAN
NEWTON
NICHOLAS
NICHOL(L)S
NICHOLSON
NICKERSON
NIGHTINGALE
NILES
NISBET
NIXON
NOBLE
NOEL
NOLAN
NORMAN
NORRIS
NORTH
NORTHROP
NORTHRUP
NORTON
NORWOOD

NOTT
NOTTINGHAM
NOWELL
NOYES
NUGENT
NUN(N)
NUTT
NYE
O'BRIAN
O'BRYAN
O'CONNOR
O'HAIR
O'HARA
O'HARE
O'LEARY
O'NEAL
O'NEIL(L)
O'ROURKE
O'SULLIVAN
OAK(E)S
OAKLEY
OATES
ODELL
OGDEN
OGILVIE
OGLE
OGLESBY
OLCOTT
OLDHAM
OLDS
OLIVER

OLMSTE(A)D
OLNEY
ORCHARD
ORDWAY
ORME(S)
ORMSBY
ORR
ORT(H)
ORTON
OSBORN(E)
OSGOOD
OSMAN
OSWALD
OTIS
OTT
OVERTON
OWEN(S)
PACE
PACK
PACKARD
PACKER
PADDOCK
PADGETT
PAGE
PAIGE
PAIN(E)
PAINTER
PALMER
PANNELL
PARDEE
PARDOE
PARHAM
PARKER
PARK(ER)S
PARKHURST
PARKINSON
PARKMAN
PARMELEE
PARNELL
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PAR(R)IS
PAR(R)ISH
PARROTT
PARRY
PARSONS
PARTRIDGE
PASC(H)AL
PATE
PATRICK
PATTEE
PAT(T)ERSON
PAT(T)ON
PAUL
PAUL(E)Y
PAULL
PAXSON
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PAYNTER
PAYTON
PEABODY
PEACOCK
PEAK(E)
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PEEBLES
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PEIRCE
PELHAM
PEMBERTON

PENCE
PENDLETON
PENICK
PENN
PENNELL
PENN(E)Y
PENNINGTON
PENNOCK
PENROSE
PENTZ
PEPPER
PERCIVAL
PERCY
PERDUE
PERKINS
PERRIN(E)
PERRY
PERSON(S)
PETER(S)
PETERSEN
PETERSON
PETTIS
PETTIT
PETTUS
PETTY
PEYTON
PFEIF(F)ER
PHELPS
PHILBRICK
PHILL(I)PS
PHINNEY
PHIPPS
PICK(A)RD
PICKEL
PICKENS
PICKERING
PICKET(T)
PICKLE(S)
PIDGEON
PIERCE
PIERSON
PIGGOT(T)
PIKE
PILCHER
PILKINGTON
PILLSBURY
PINCKNEY
PINE
PINKERTON
PINNEY
PIPER
PITCHER
PITT(MAN
PITT(S)
PLACE
PLANT
PLATT
PLEASANT(S)
PLUM(B)
PLUM(M)ER
POE
POGUE
POINDEXTER
POLAN(D)
POLK
POLLARD
POLLEY
POLLOCK
POMEROY
POND
POOL(E)
POOR(E)
POPE
PORTER
POSEY
POST
POTTER
POTT(S)
POUND
POWELL
POWER(S)
PRATT
PRAY
PREBLE
PRENDERGAST
PRENTICE
PRENTIS(S)
PRESCOTT
PRESTON
PRETTYMAN
PREWITT
PRICE
PRIEST
PRIME
PRIM(M)
PRINCE
PRINDLE
PRINGLE
PRIOR
PRITCHARD
PRITCHETT
PROBST
PROCTER
PROCTOR
PROSSER
PROUT(Y)
PRUETT
PRUITT
PRYOR
PUGH
PULLEN
PULLEY
PUMPHREY
PURCELL
PURDY
PURSELL
PURVES
PURVIS
PUSEY
PUTNAM
PYLE
PYNE
QUACKENBOS
QUACKENBUSH
QUARLES
QUICK
QUIGLEY
QUIMBY
QUINBY
QUIN(N)
QUISENBERRY
RAAB
RABB
RABE
RADCLIFF(E)
RADFORD
RAE
RAGLAND
RAILEY
RAINES
RAINEY
RALEIGH
RALEY
RALPH
RALSTON
RAMAGE
RAMBO
RAMSAY
RAMSDELL
RAMSDEN
RAMSEY
RAND
RANDALL
RANDOLPH
RANGER
RANKIN
RANNEY
RANSOM
RANSON
RAPP
RATCLIFF(E)
RATH
RATHBONE
RATHBUN
RATHBURN
RAUS(SCH
RAWL(E)S
RAWLIN(G)S
RAWSON
RAY
RAYMOND
RAYNER
RAYNOR

REA
READ
READER
READING
READY
REAGAN
REAM
REARDON
REAVES
RECTOR
REDD
RED(D)ING
RED(D)INGTON
REDDY
REDFIELD
REDMAN

REDMON(D)
REECE
REED
REEDER
REEDY
REES(E)
REEVE(S)
REICHENBACH
REID
REIDY
REIF(F)
REILLY
REINHAR(D)T
REITER
REMICK
REMINGTON
RENARD
RENAUD
RENFRO
REN(N)ICK
REVEL(L)
REYNOLDS
RHEA
RHO(A)DE(S)
RICE
RICH
RICHARD
RICHARDS
RICHARDSON
RICHMAN
RICHMOND
RICHTER
SEAGER
SEAL(S)
SEAMAN
SEARCY
SEARL(E)(S)
SEARS
SEATON
SEAVER
SEAVERNS
SEAY
SEBASTIAN
SEDGWICK
SEEBER
SEE(E)GER
SEE(L)E)Y
SEE(V)ER
SEIBERT
SEIBOLD
SEID(E)L
SEITZ
SELBY
SELDEN
SELDON
SELF
SELLECK
SELLERS
SELL(S)
SEMPLE
SERGEANT
SETTLE
SEVERANCE
SEVERN(S)
SEVIER
SEWALL
SEWARD
SEWELL
SEXTON
SEYBOLD
SEYMOUR
SHACKELFORD
SHAF(F)ER
SHANAHAN
SHANK(S)
SHARP(E)
SHATTUCK
SHAW
SHAY
SHEA
SHEAHAN
SHEARER
SHEEHAN
SHEFFIELD
SHELDON
SHELL(E)Y
SHELTON
SHEPHERD
SHEP(P)ARD
SHERIDAN
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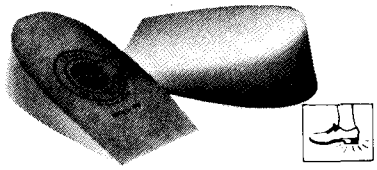

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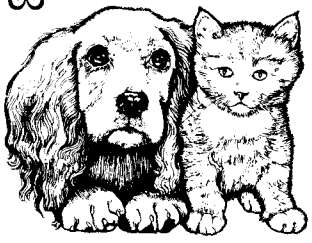

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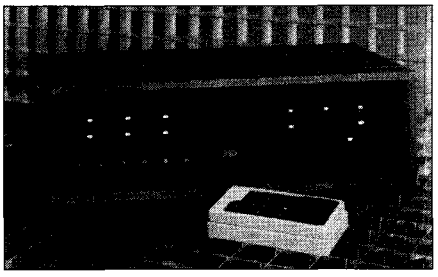

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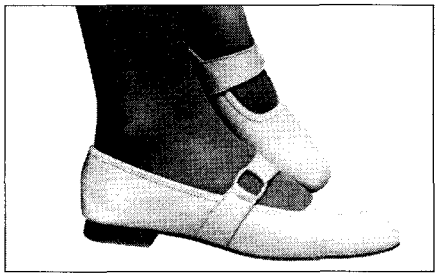
Dancing or walking shoe

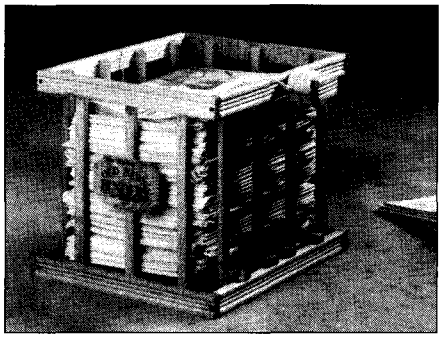


By Kraus. Flexible leather upper; elasticized collar and strap. Cushioned insole; ½" heel. White, black, red, bone, camel, navy. 7-10, 11N; 6-10,11M,W. $23.99 pr., 2/$45.98. $2.50 p&h (1 pr.), $3.50 (2). Guarantee. Major credit cards. Old Pueblo Traders, Dept. EZT1C, 3740 E. 34th St., Tucson, AZ 85713.

Comfortable culottes

Misses & petites $9.99, 2/$17.98. Women's $10.99, 2/$18.98. Polyester double-knit; elasticized waist. Gray, black, camel, brown, navy, wine. Misses (10-20), petites (4-18), women's (32-46). $2.50 p&h (1), (2) $3.50. Guarantee. Major credit cards. Old Pueblo Traders, Dept. EZT1H, 3740 E. 34th St., Tucson, AZ 85713.

The Original . . .



Old News™ Bindery. Solid wood, walnut-stained newspaper rack holds and binds newspapers. Dispose in a compact bundle with twine from the attached dispenser. Twine included; 18" x 15" x 15". $29.95 plus $4.00 shpg. Holst, Inc., Dept. SPB-788, 1118 W. Lake, Box 370, Tawas City, MI 48764.

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Overdoor coat rack

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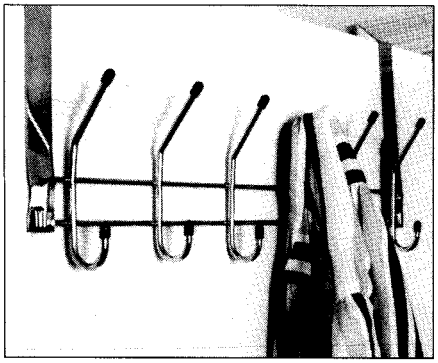
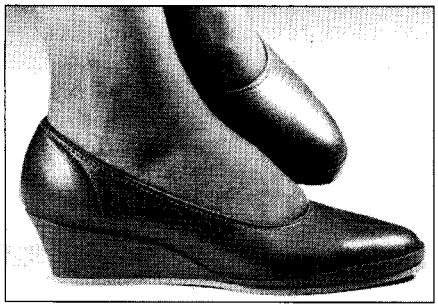


sweaters, and anything else you need room for. Twelve rubber-tipped hangers stretch 20″ wide. Handsome enough for any room! Set of 2 racks $11.98 plus $3.25 p&h. NJ res. add 6% tax. Essex House, Dept. P9-8E, Rahway, NJ 07065.

Executive's espadrille from Bees



By Beacon®; $19.99. 1¾″ covered wedge, tricot lining, slightly cushioned insole, ribbed crepe sole. Grey, black, taupe, navy, wine. Full & half sizes: 5½-10N,W; 4-10M. Add $2.50 p&h (1 pr.), $3.50 (2), $4.25 (3). Guarantee. Major credit cards. Old Pueblo Traders, Dept. EZT1B, 3740 E. 34th St., Tucson, AZ 85713.

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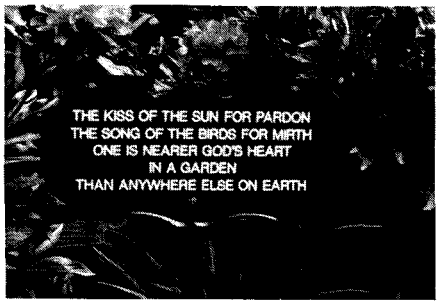
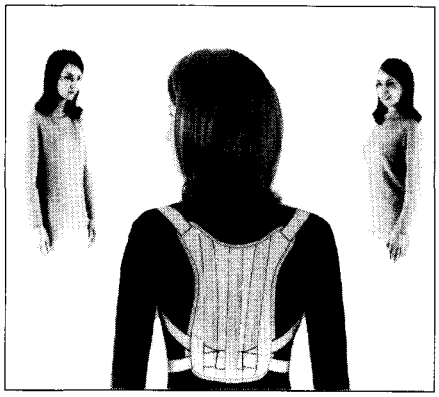

THE KISS OF THE SUN FOR PARDON
THE SONG OF THE BIRDS FOR MIRTH
ONE IS NEARER GOD'S HEART
IN A GARDEN
THAN ANYWHERE ELSE ON EARTH

Shoulder brace



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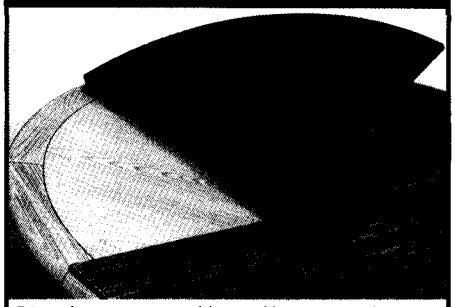

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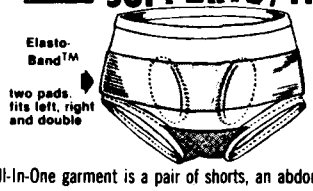

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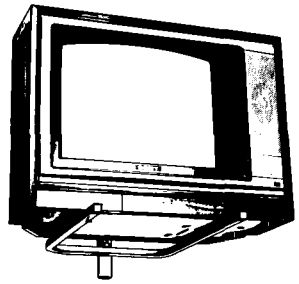

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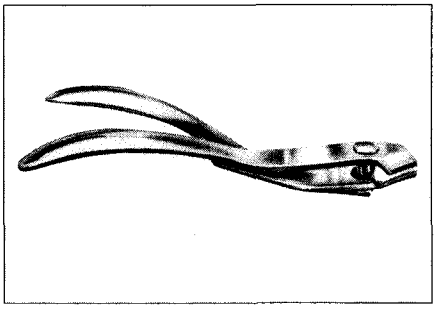
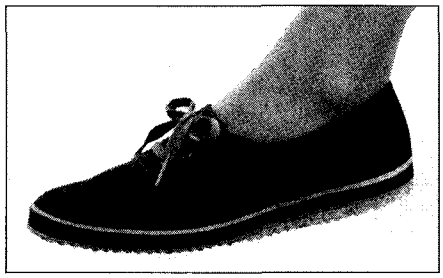
Best toenail clipper ever!



Clips nails easily and quickly. Unique Swedish design, durable chromeplate steel, long handles for the best leverage. Professional Toenail Clipper only $2.99 plus $1.25 p&h. Satisfaction guaranteed or your money back. Hanover House, Dept. HHZ-2408 (Z555508), Bldg. #3, Hanover, PA 17333.

Velveteen sport-about



For all-day walking comfort; from Grasshoppers®. Cushioned insole, ribbed crepe sole. Black, lt. brown, walnut, navy. Full & half sizes: 6½-10, 11N; 6-10, 11M; 6-9, 10, 11W. $21.99. $2.50 p&h (1 pr.), $3.50 (2). Guarantee. Major credit cards. Old Pueblo Traders, Dept. EZT1A, 3740 E. 34th St., Tucson, AZ 85713.

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"Give me one good reason why I should play the West German Lottery?"

We'll give you Ten good reasons.

1 Nearly one out of two tickets are WINNERS!

The odds of hitting a jackpot in an American lottery is one in 12 million. And you have only a one in 500 chance of winning a small prize. Compare that with the West German Lottery—where nearly **one out of every two tickets is a winner!**

2 Only 900,000 tickets sold.

The sky is the limit on ticket sales in American lotteries. Ten million . . . twenty million. Compare that with the West German Lottery where only 900,000 tickets are sold—and 437,588 **(nearly half)** are winners.

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Win a jackpot in an American lottery and you wait 20 years to collect all your money. In the West German Lottery, you are paid in one big lump sum. And you get paid in American dollars.

4 No taxes to pay.

In the West German Lottery you keep it all and we keep it quiet. The German Government does not tax lottery winnings —as we notify you confidentially of your winnings . . . and pay you confidentially. No public announcement is made.

5 New chance to win every week for 6 months.

Play the American lottery and your ticket is good for one drawing only. In the West German Lottery, your ticket stays in for six full months, or until you win. That's 26 chances at bat to make that big hit! With the SUPER-COMBI-TICKET you get 104 chances.

6 Up to 92% chance of WINNING.

Buy a SUPER-COMBI-TICKET and you are virtually guaranteed to win. You are assured of a 92% chance of winning. This is not a misprint. And because you get 4 different numbers you can even win more than once.

7 Government sponsored and Government controlled.

The West German Lottery is operated under the same rules and regulations as American lotteries. Drawings are held in public every week under strict government supervision.

8 Prizes get bigger every month.

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9 Not a fund raiser.

Most lotteries in the U.S. subsidize water works, education, homeless, etc. In the West German Lottery, a greater percentage of dollars is paid out in prizes!

10 Thousands of American winners.

American lottery players win all the time. Next time you get a neighbor with a big new Mercedes or boat—and he doesn't earn more than you do—don't be surprised if he won in our lottery. Of course, he's not going to admit it, but the money came from somewhere.

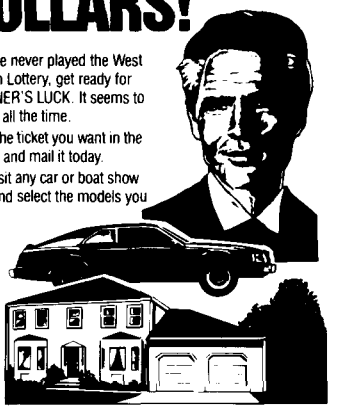
and here's an *11th* reason!

"Wow! I won a half MILLION DOLLARS!"

If you've never played the West German Lottery, get ready for BEGINNER'S LUCK. It seems to happen all the time.

Check the ticket you want in the coupon and mail it today.

Then visit any car or boat show room and select the models you want!



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Your ticket is good for 6 months or until you win.

	WINNINGS	WINNERS
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2nd Month	$ 12,950,000	49,152
3rd Month	$ 18,710,000	49,212
4th Month	$ 25,596,000	49,276
5th Month	$ 36,756,000	58,764
6th Month	$143,802,000	182,096
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CALL TOLL FREE 1-800-851-5200

(Have credit-card handy) **Extension 55**

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Singles Directory Application, Confidential. $1, SASE. Gateway, Box 365, Portales, NM 88130.

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Ben Franklin Award

continued from page 101

applied for blood-donor screening *without further delay*, and we hope that the Presidential Commission will make this recommendation."

[*Editor's note: This was done.*]

"Many blood bankers and blood-banking organizations continue to argue publicly and privately that more could *not* have been done to prevent transfusion-associated AIDS prior to the availability of the specific AIDS antibody test. This suggests that they simply don't realize that the system failed or that it has flaws. If so, then the recent adoption of stringent new blood-testing procedures by blood banks may possibly represent a response to public pressure rather than a result of self-examination. When the current public outcry abates, can we be confident that the industry will respond any differently to future, unforeseen problems?

"Not only has there been no objective, outside investigation of AIDS in the blood supply, but to our knowledge there hasn't even been an internal evaluation by the large blood-banking organizations. An independent group of scientists and physicians with expertise in all relevant areas should analyze the response of blood banks and the government to the issue, not for the purpose of assessing blame, but in order to identify problems and their underlying causes and to make recommendations on how such problems can be avoided in the future. The Presidential AIDS Commission should recommend the formation of a task force at the earliest possible date, under the auspices of an impartial body such as the National Academy of Sciences.

"While we do not want to prejudge the conclusions that such a task force might draw, we would like to suggest a number of specific steps which we hope would be endorsed by the Commission. Many physicians and nurses are relatively poorly trained with respect to the indications for transfusion, and they are even less knowledgeable about the potential complications. Blood is a lifesaving but nonetheless potentially dangerous agent which should be treated no differently than other dangerous intravenous medicines, and there is no excuse for our professional schools not to better educate future physicians and nurses on the proper use of transfusions." ✱

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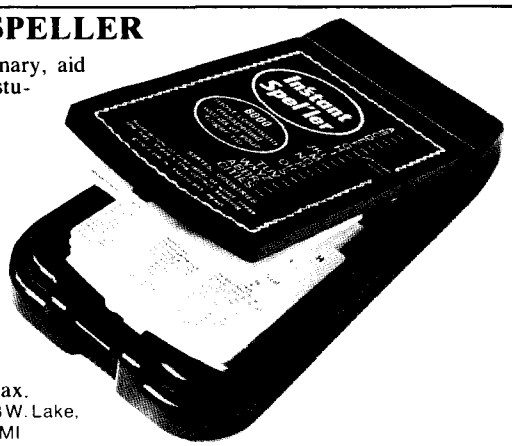

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